

COOKING FOR WELLNESS

January 2024



CANCER SUPPORT
COMMUNITY
GREATER ANN ARBOR



KYOTO-STYLE MISO HOT POT

Hot pot is a traditional Eastern Asian cooking method that involves simmering a flavorful soup stock & cooking a variety of raw food ingredients by placing them into the 'hot pot!' The broth is the highlight here, as it acquires so much flavor from the simmering of all the hearty vegetables & umami filled goodness of the miso. **Serves 2**



INGREDIENTS

- ½ head napa or green cabbage (or other leafy green vegetables), cut into strips
- 3 to 5 shiitake mushrooms, stems removed and cut into strips
- ½ medium carrot, cut into matchsticks (about ½ cup)
- 1 russet potato, cut into strips (about 1 cup)
- 6 oz firm tofu, cubed
- 2 cups low sodium vegetable broth
- 2 tbsp miso paste
- 2 tsp toasted sesame seeds
- Rice vinegar, to taste

INSTRUCTIONS

1. In a 2.5 quart sauté pan (with a lid), place the vegetables.
2. Pour the broth over the vegetables, cover with the lid, and heat over medium-high for a few minutes.
3. When the broth is gently bubbling, turn the heat to medium-low. Simmer until the vegetables are tender, about 12-15 minutes.
4. Season the hot pot with sesame seeds, rice vinegar and miso paste to taste.

NOTES

- If shiitake mushrooms are not available, use cremini or portobello mushrooms.

Bran Flax Muffins

Oatmeal muffins with carrots, apples, raisins and nuts. These muffins are low in fat, have lots of fiber and are even delicious.

Recipe by **Jane Massey**, Source: <https://www.allrecipes.com/recipe/16877/bran-flax-muffins/>

Total Time: 35 mins, Makes 12 Muffins

Ingredients

- 1 ½ cups all-purpose flour
- ¾ cup ground flax seed
- ¾ cup oat bran
- 1 cup brown sugar
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- 2 teaspoons ground cinnamon
- ¾ cup skim milk
- 2 eggs, beaten
- 1 teaspoon vanilla extract
- 2 tablespoons vegetable oil
- 2 cups shredded carrots
- 2 apples, peeled, shredded
- ½ cup raisins
- 1 cup chopped mixed nuts



Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease muffin pan or line with paper muffin liners.
2. In a large bowl, mix together flour, flax seed, oat bran, brown sugar, baking soda, baking powder, salt and cinnamon. Add the milk, eggs, vanilla and oil; mix until just blended. Stir in the carrots, apples, raisins and nuts. Fill prepared muffin cups 2/3 full with batter.
3. Bake at 350 F (175 degrees C) for 15 to 20 minutes, or until a toothpick inserted into the center of a muffin comes out clean.

Nutrition Facts

Calories 272

total fat 11g, saturated Fat 2g

sodium 449mg

total carbohydrate 41g

dietary fiber 5g

total sugars 21g

protein 7g

vitamin C 2mg

calcium 92mg

iron 2mg

potassium 315mg



CHICKPEA NOODLE SOUP

Move over chicken noodle soup! This chickpea noodle soup is warming and nourishing, perfect for chilly or under-the-weather days. **Serves 4**



INGREDIENTS

- 2 tbsp water
- 1 onion, diced
- 1 garlic clove, minced
- 4 carrots, diced
- 6 celery stalks, diced
- 8 cups of water
- 4 ounces whole-wheat pasta
- 2 heaping tbsp white miso paste
- ¼ cup nutritional yeast
- 1 (15 ounces) can chickpeas
- 2 handfuls baby spinach
- Black pepper

INSTRUCTIONS

1. Heat soup pot over medium and add water. Add onion, garlic, carrots, and celery, stirring intermittently until veggies soften, about 5 minutes.
2. Add 8 cups of water and bring to a boil. Once boiling, add pasta.
3. When pasta is almost cooked, stir in miso paste, nutritional yeast, and chickpeas.
4. When pasta is tender, turn off the heat and fold in spinach leaves until wilted.
5. Season with pepper and serve with crusty whole-grain bread if desired.

NOTES

- To make this soup gluten-free, substitute quinoa or brown rice pasta for the whole wheat pasta.



SIMPLE & SATISFYING DRESSINGS

Never eat a boring salad again! These simple and satisfying dressings will add bright, bold and delicious flavors with whole food ingredients. Not only for salads, feel free to drizzle these dressings on grain bowls and roasted veggies or use them as dips.

Lemon Tahini Dressing

- ¼ cup tahini
- 2 to 4 tbsp water
- 2 to 3 tbsp lemon juice
- 1 garlic clove, minced
- 1 tbsp maple syrup
- ¼ tsp salt

Balsamic Dressing

- ¼ cup Balsamic vinegar
- 2 tbsp Dijon mustard
- 2 tbsp nutritional yeast
- 1 ½ tsp dried basil or oregano
- 1 tsp maple syrup, optional
- ¼ cup water + more to taste

3-Ingredient Hummus Dressing

- ¼ cup hummus
- 1 lemon, juiced
- ½ tsp garlic powder
- Water, to thin

Fresh Raspberry Dressing

- ½ cup raspberries, mashed or pureed
- ½ tsp Dijon mustard
- 2 tsp balsamic vinegar
- ½ tsp maple syrup
- Salt and pepper to taste

Peanut Sauce

- ¼ cup natural peanut butter
- 1-2 tbsp gluten-free tamari
- 1 tbsp maple syrup
- 1 tbsp lime juice
- ¼ tsp cayenne, optional
- Water, to thin

Cashew Ranch Dressing

- ½ cup raw cashews, soak for 1-hour if you don't have a high speed blender
- ½ cup water
- ½ tbsp lemon juice
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ½ tsp dried dill or 1 tbsp fresh dill
- ¼ tsp salt, optional

Blend all ingredients in a high-powered blender or food processor until nice and creamy.