

COOKING FOR WELLNESS

February 2024



CANCER SUPPORT
COMMUNITY
GREATER ANN ARBOR

How to Make Stir Fry

A great stir-fry typically consists of four important components: protein, vegetables, aromatics, and sauce. Standard stir-fry starts with one pound of protein and two pounds of vegetables, and a basic stir-fry sauce (recipe below). You can add aromatics or herbs to change the flavor profile of your dish.

Ingredients

- Protein: 1 lb. chicken, beef, or pork cut into bite sized pieces; firm/extra-firm Tofu cubed, shelled edamame
- 2 lbs. vegetables, cut into bite sized pieces
- 1 tbsp aromatics, such as garlic, ginger, or shallots
- 2 tbsp chopped fresh herbs, such as basil or cilantro (optional)
- Basic Stir Fry Sauce (see below)

Directions

1. Set a large wok or frying pan over medium-high heat and allow it to get screaming hot. Swirl in 2 Tablespoons of oil (1 Tablespoon if using a non-stick pan).
2. Add your meat and cook until browned on each side (cooked thoroughly if using chicken or pork). Remove the meat from the pan and set it aside.
3. Transfer the densest vegetables (i.e., those that take the longest to cook, such as carrots, broccoli, cauliflower, green beans, or bell peppers) into the pan and cook for 1 minute.
4. Add in any quick-cooking vegetables (snap peas, onions, celery, baby corn, snow peas, mushrooms, zucchini, or bok choy) and cook for another minute.
5. Add in any aromatics, if using. Cook for 30 seconds, moving them around the pan constantly to avoid burning.
6. Return the meat to the pan and pour in the sauce. Toss well to coat all of the meat and vegetables. Let cook for one minute until bubbling.
7. Turn off the heat and stir in any fresh herbs, if using.
8. Serve hot with a side of cooked rice or noodles.

How to Make Stir-Fry Sauce

Ingredients

- 1 cup broth
- 2 tbsp soy sauce

- 1 tbsp sugar
- 1 tbsp rice wine vinegar
- 1 teaspoon sesame oil

Whisk ingredients together in a medium-sized bowl.

Pro tip: To make a thick glaze (like for Sweet and Sour Chicken), whisk in 1 teaspoon corn starch and let sit for ten minutes before adding to the stir-fry.

Stir-Frying Dos and Don'ts

Do:

- Prepare all of your ingredients before you begin to cook, as stir-fries come together very quickly.
- Cut all of your ingredients into similarly-sized pieces to promote even cooking.
- Cook items in batches as necessary to avoid crowding the pan.
- Prepare your rice or noodles before you start your stir-fry.
- Stir, then fry. Then stir. Then fry. If you keep stirring the entire time, your meat and vegetables will never brown!
- Add garlic. Trust us, it should be added to every stir-fry, ever.

Don't:

- Add food to a cold pan. Any time you add ingredients to the pan it should make a satisfying sizzling sound.
- Allow any excess liquid to form in the pan. If you add too many ingredients, the liquid won't evaporate quickly so it will pool in your pan. If this happens, use a spoon to remove the liquid.
- Use an oil with a low smoke point. Avocado, canola and peanut oils are your best bet.
- Cook the vegetables past the point of tender-crisp. They will lose their vibrant crunch and color.

Air Fryer Tofu

SERVINGS: 4. Source: https://www.wellplated.com/wprm_print/63914/

Ingredients

- 1 block extra-firm tofu (12 to 15 ounces)
- 3 tablespoons low sodium soy sauce
- 1 tablespoon rice wine vinegar
- 1 tablespoon pure maple syrup
- 2 teaspoons [extra virgin olive oil](#)
- 1 teaspoon [garlic powder](#)
- 1/2 teaspoon ground ginger
- 1/2 teaspoon Sriracha or hot sauce of choice (optional)
- 1 tablespoon corn starch or arrowroot starch



Instructions

- Remove the tofu from the package and drain. With your hands, gently squeeze out as much water as possible without breaking or crushing the block. Lay the tofu flat on a cutting board, so the longer edge is towards you, then cut it into four strips. Rotate the strips so that the wider (cut sides) are flat against the cutting board, and cut them in half again, so you have 8 strips total. Cut the strips crosswise into 1-inch cubes (I end up with 5 cubes per strip).
- Line a cutting board or large plate with a clean tea towel (or similar lint-free kitchen towel) or paper towels. Spread the tofu cubes onto it in one layer and lay a second towel on top. Press gently but firmly and change out the towel as needed. The idea is to remove as much water from the tofu as possible.
- In a small bowl or large liquid measuring cup, stir together the soy sauce, vinegar, syrup, oil, garlic powder, ginger, and hot sauce.
- Place the tofu in a shallow baking dish or medium mixing bowl. Pour the soy sauce mixture over the tofu, then with your hand, toss gently to combine. Let the tofu sit for 15 minutes, tossing it again halfway through. Don't worry if a few bits crumble. Those will turn deliciously crispy.
- If you'd like to keep the tofu warm between batches, preheat your oven to 250°F and line a baking sheet with parchment paper. Preheat the air fryer to 400°F according to the manufacturer's instructions (for my air fryer, that is 3 minutes of preheat time).
- Just before cooking, sprinkle the corn starch evenly over the top of the tofu and toss to coat.
- Coat the basket of the air fryer with nonstick spray. Add the tofu in one layer, leaving a little space around the cubes so they do not touch and the air can circulate. (Depending upon the size of your air fryer, you may need to cook it in two or three batches.)
- Cook the tofu for 9 minutes. Then slide the basket out, and shake it gently to toss the tofu. Continue to cook for 2 to 4 additional minutes, tossing and checking it each minute, until the tofu is crisp and dark golden. (The time will vary based on your air fryer; keep a close eye on it towards the end to ensure it doesn't burn.) If desired, transfer the tofu to the baking sheet and keep it warm in the oven while you finish the rest.
- Repeat with remaining tofu, discarding any excess marinade (if you have some crumbled bits of tofu in the bottom of the bowl, you can air fry those too). Enjoy

Napa Cabbage Salad with Asian Dressing

Servings: 8

Total Time: 25 minutes

Recipe adapted from: <https://flavorthemoments.com/napa-cabbage-salad/> (by Marcie)

Ingredients

1 head medium napa cabbage, halved sliced thinly
2 medium navel oranges
1 medium carrot cut into matchsticks or grated
1 red bell pepper sliced thinly and cut into bite-sized pieces
1 cup shelled edamame
2 green onions sliced thinly on the bias
1/2 cup cilantro chopped (or parsley)
1/2 cup sliced almonds, toasted



ASIAN DRESSING:

- 4 tablespoons rice wine vinegar
- 3 tablespoons vegetable oil
- 2 tablespoons fresh orange juice squeezed from remaining orange after segmenting
- 1 tablespoon sesame oil
- 1.5 tablespoons reduced sodium soy sauce
- 1 tablespoon maple syrup
- 1/4 teaspoon sea salt or to taste
- 1/8 teaspoon freshly ground black pepper or to taste

Instructions

Place the orange on a cutting board and cut off the top and bottom. Segment the orange removing the white pith. (Cut along one side then the other side of the orange segment at a slight angle to remove.) Set aside.

Squeeze the remaining orange after segmenting and reserve the juice for the Asian dressing (you'll have about 2 tablespoons).

Preheat the oven to 350 degrees. Place the almonds on a rimmed baking sheet and bake for 7-10 minutes or until golden brown and fragrant.

Place the rice wine vinegar, oil, reserved orange juice, sesame oil, soy sauce, maple syrup, salt and pepper in a bowl and whisk until combined.

Place the napa cabbage, orange slices, carrot, bell pepper, edamame, green onions and cilantro in a large bowl.

Toss with enough dressing to coat, and top with the toasted almonds. Serve and enjoy!

Nutrition: *Calories:* 202kcal, *Carbohydrates:* 15g, *Protein:* 5g, *Fat:* 15g, *Saturated*

Fat: 1g, *Sodium:* 157mg, *Potassium:* 513mg, *Fiber:* 5g, *Sugar:* 8g, *Vitamin A:* 2290IU, *Vitamin*

C: 73mg, *Calcium:* 148mg, *Iron:* 1mg

The Best Vegan Chocolate Cake

Servings: 16

Author: [Nora Taylor](https://www.noracooks.com/vegan-chocolate-cake/). <https://www.noracooks.com/vegan-chocolate-cake/> 4.96 stars (1,640 ratings)

Ingredients

Chocolate Cake

- 1 cup unsweetened almond milk
- 1 tablespoon [apple cider vinegar](#)
- 2 cups [all-purpose flour](#)
- 1 3/4 cups [granulated sugar](#)
- 3/4 cup [cocoa powder](#)
- 2 teaspoons baking powder
- 1 1/2 teaspoons baking soda
- 1 teaspoon salt
- 1/2 cup canola oil OR melted coconut oil
- 2/3 cup unsweetened applesauce
- 1 tablespoon pure vanilla extract
- 3/4 cup boiling water

Chocolate Buttercream Frosting

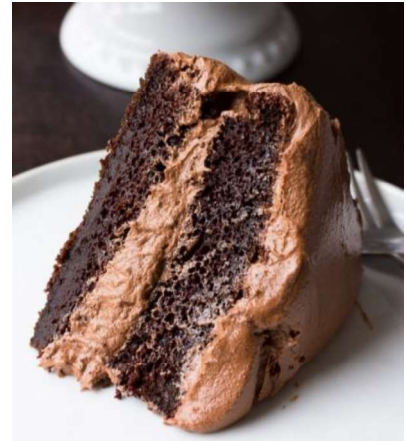
- 1 cup [cocoa powder](#)
- 1 1/2 cups vegan butter, softened baking sticks preferred
- 4-5 cups [powdered sugar](#)
- 2 teaspoons pure vanilla extract
- 1/4-1/2 cup unsweetened almond milk

Lighter Option (without frosting):

Top slices (or cupcakes) with whip topping

Add strawberry slices or fresh raspberries

Finish with shaved chocolate pieces



Instructions

For the Chocolate Cake

1. Preheat oven to 350 degrees F and grease two 9-inch cake pans. I also line them with parchment rounds and lightly flour for easy removal of the cakes later.
2. Measure 1 cup unsweetened almond milk and add the tablespoon of vinegar to it. Stir slightly and set aside to curdle.
3. In a large bowl, add the flour, sugar, cocoa powder, baking powder, baking soda and salt. Whisk well to combine.
4. Now add the oil, applesauce, vanilla and almond milk/vinegar mixture. Mix on medium speed with a hand mixer (or stand mixer with the paddle attachment) until well combined.
5. Lower the speed and carefully pour in the boiling water, continuing to mix into the cake batter until combined. The batter will seem very runny at this point; that is how it should be, trust me!
6. Divide the batter evenly between your cake pans. Bake for 30-35 minutes, or until a toothpick inserted in the center comes out clean. After 10 minutes of cooling in the pan, carefully remove the cakes from the pans and let cool completely before frosting.

For the Chocolate Buttercream Frosting

1. Add the cocoa powder to a large bowl (I just wipe out the cake bowl and use it for the frosting). Whisk well to remove any clumps.
2. Add the softened vegan butter and mix with a hand mixer until creamed and well combined.
3. Add half of the powdered sugar and half of the almond milk, and mix until combined. Add the rest of the powdered sugar and vanilla extract. Mix starting on low, and turn to high. Mix until fluffy and combined.
4. If the frosting seems too dry, add more milk, a tablespoon or two at a time. If the frosting seems too wet and doesn't hold its shape, add more powdered sugar until it thickens up.
5. Frost the cake using an [icing spatula](#) or just a butter knife.

Notes

1. **For cupcakes**, fill liners half full and bake for 20-25 minutes. The whole recipe will yield approximately 24 cupcakes.
2. Double the recipe to make a **4 layer cake**, or cut in half to make a **1 layer round cake**. You can also make a **bundt cake**, simply bake for 45 minutes. Or a **9 x 13 inch cake**, baking for about 35-40 minutes.
3. **Don't like a lot of frosting?** Cut the frosting ingredients in half. The recipe as written makes enough for thick layers of frosting.
4. **Nut allergy?** You may substitute soy milk or another milk for the almond milk, any non-dairy milk will work here.
5. **No applesauce?** Substitute 2 flax eggs (2 tbs ground flax + 5 tbs water), whipped aquafaba or another egg replacer such as Bob's Red Mill (2 eggs worth).

Nutrition

Serving: 1serving | Calories: 496kcal | Carbohydrates: 71g | Protein: 4g | Fat: 25g | Saturated Fat: 4g | Sodium: 408mg | Potassium: 222mg | Fiber: 4g | Sugar: 53g | Vitamin C: 1mg | Calcium: 59mg | Iron: 2mg