

# COOKING FOR WELLNESS

March 2024



CANCER SUPPORT  
**COMMUNITY**  
GREATER ANN ARBOR

## **Parsnip and Potato Mash**

Source: *Mashed.com*, <https://www.mashed.com/787198/parsnip-and-potato-mash-recipe/>

Makes 4 – 6 Servings

TOTAL TIME: 20 MINUTES

### **Ingredients**

1-pound large baking potatoes

1-pound parsnips

1/4 cup Oat or other plant based or real dairy milk

1/4 cup Vegan butter

salt and pepper, to taste

Optional Ingredients: fresh chopped chives to garnish



### **Directions**

Peel the parsnips and potatoes and chop them into approximately ½-inch thick chunks.

Add the parsnips and potatoes to a large pot of boiling water and cook for 10-15 minutes, or until fork-tender.

Drain the veggies and return them to the pot. Let them sit for 5 minutes.

Add the milk, butter, and the salt and pepper to the pot and mash with a potato masher. You can leave the mash slightly chunky, if desired.

Transfer the mash to a serving bowl and top with extra black pepper and chopped chives, if desired.

### **Nutrition Information:**

Calories per Serving 288, Total Fat 12.5 g, Saturated Fat 7.7 g, Trans Fat 0.5 g, Cholesterol 32.0 mg, Total Carbohydrates 42.1 g, Dietary Fiber 7.2 g, Total Sugars 6.9 g, Sodium 597.1 mg, Protein 4.5 g.

# SIMPLE HEALTHY COLESLAW

SERVES 6

## INGREDIENTS

### *Coleslaw*

- 2 cups finely sliced purple cabbage
- 2 cups finely sliced green cabbage
- 2 cups shredded carrots
- 1/4 cup chopped fresh parsley
- 1/2 cup mixed seeds pepitas or sunflower seeds

### *Lemon dressing*

- 1/4 cup olive oil
- 2 to 3 tablespoons lemon juice, to taste
- 1 clove garlic, pressed or minced
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/2 to 1 teaspoon sugar

## INSTRUCTIONS

1. In a medium serving bowl, combine the prepared purple and green cabbage, carrots and parsley. Set aside.
2. Measure out your seeds into a small skillet. Toast over medium heat, stirring frequently, until the seeds are fragrant and the pepitas are starting to make little popping noises. Pour the toasted seeds into the mixing bowl and toss to combine.
3. To make the dressing, in a small bowl, combine the olive oil with 2 tablespoons lemon juice. Add the garlic, cumin, sugar and salt and whisk until thoroughly blended.
4. Drizzle the dressing over the slaw and toss until all of the ingredients are lightly coated in dressing. Taste and add an additional tablespoon of lemon juice if the slaw needs a little more zip. Serve immediately or cover and refrigerate to marinate for up to several hours.

## NOTES

Recipe from Cookie and Kate: <https://cookieandkate.com/simple-healthy-coleslaw-recipe/>  
(Recipe adapted from [The Adventurous Vegetarian Cookbook](#) by Jane Hughes.)

**Nutrition Information per serving:** Calories 214, Total Fat 18.6g, Saturated Fat 2.1g , Trans Fat 0g, Polyunsaturated Fat 5.1g, Monounsaturated Fat 10g, Cholesterol 0mg, Sodium 233mg , Total Carbohydrate 10.8g, Dietary Fiber 3.7g, Sugars 4g, Protein 4.8g.



# Easy Lentil Shepherd's Pie

MAKES 6 servings

AUTHOR: [Holly Nilsson](#),

<https://www.spendwithpennies.com/easy-lentil-shepherds-pie-vegetarian/>



## Ingredients

- 1 cup brown lentils or green lentils
- 3-4 cups vegetable broth
- 2 teaspoons olive oil
- ½ cup onion chopped
- 1 cup chopped mushrooms about 4 oz
- 1 carrot chopped
- 1 rib celery chopped
- ½ cup frozen peas defrosted
- ½ tablespoon flour
- 1 teaspoon dried thyme (or 1 Tablespoon fresh thyme)
- 3 tablespoons red wine
- 2 teaspoons Worcestershire sauce (use vegetarian W-sauce if desired)
- 3 tablespoons tomato paste
- 2 teaspoons minced garlic
- 2 tablespoons parsley chopped
- salt & pepper to taste
- 2 ½ cups [prepared mashed potatoes](#)

## Instructions

1. Preheat oven to 400°F.
2. Combine lentils and 3 cups broth in a saucepan and bring to a boil. Reduce heat to a simmer and cover. Cook 20-25 minutes or until lentils are tender.
3. Meanwhile, cook onion, mushrooms, carrot, and celery in olive oil over medium heat until onion and carrot are softened. Stir in flour and cook 1 minute more.
4. Add lentils (and their broth), thyme, red wine, Worcestershire sauce, tomato paste and garlic. Stir in peas and simmer uncovered 10 minutes adding more broth as needed to create a sauce. Stir in parsley and season with salt & pepper to taste.
5. Spoon lentil mixture into a [deep-dish pie plate](#). Top with mashed potatoes and bake 20-25 minutes or until potatoes are browned.

## Notes

Fresh vegetables can be substituted with 1 1/2 cups frozen vegetables.

Keep in mind the sauce will thicken while baking and while cooling. I usually end up adding the full 4 cups of broth to this recipe. Simmer to thicken slightly.

## Nutrition Information

Calories: 270, Carbohydrates: 50g, Protein: 13g, Fat: 2g, Saturated

Fat: 1g, Sodium: 599mg, Potassium: 907mg, Fiber: 14g, Sugar: 6g, Vitamin

A: 2318IU, Vitamin C: 32mg, Calcium: 44mg, Iron: 4mg