

# COOKING FOR WELLNESS

APRIL 2024



CANCER SUPPORT  
**COMMUNITY**  
GREATER ANN ARBOR

# Vegetarian Shepherd's Pie

Source: <https://pinchofyum.com/vegetarian-shepherds-pie>

Author: Lindsay



## INGREDIENTS

### Vegetarian Shepherd's Pie Filling:

- 2 tablespoons **olive oil**
- 3 **shallots**, *minced (or some ½ cup chopped onions and 1 clove minced garlic)*
- 16 ounces fresh **mushrooms**, *sliced*
- 6 **carrots**, *peeled and chopped (about 2 cups)*
- 1 sprig of fresh **rosemary (1 tsp. dried rosemary)**
- 1 sprig of fresh **thyme (1 tsp. dried thyme)**
- 1 dried **bay leaf**
- 2 tablespoons **tomato paste**
- 2 tablespoons **flour**
- 1/2 cup **red wine (or water or broth)**
- 1–2 cups **veggie broth**
- 1 teaspoon **salt (more or less to taste)**
- 2 cups frozen **peas**

### Mashed Potatoes:

- 6 Yukon gold **potatoes (about 2 pounds)**
- 1/2 cup full fat **Greek yogurt**
- 1/4 cup **butter** or **olive oil**
- salt to taste

## INSTRUCTIONS

1. Make the mashed potatoes: Peel the potatoes. Boil them until fork tender (you want them to mash easily). Drain, mash, and mix in yogurt and butter. Season to taste.
2. **Make the veggies:** In a large oven-safe pot, heat the oil over medium heat. Add shallots and sauté until fragrant. Add mushrooms, carrots, and whole herbs (*you will pull the herbs out later*). Sauté until carrots are softened.
3. **Make the gravy:** Add tomato paste and flour to the pot and stir. Pour in the red wine (sizzzzle) and scrape all the browned bits off the bottom of the pan. Let the wine cook out for a minute or two. Slowly add the broth, stirring it in until a gravy starts to form. Season with salt. Simmer over low heat to get it thickened even further.
4. **Bake:** Remove the herbs. Stir in the peas, spread the mashed potatoes on top (brush with butter to be extra awesome), and bake for 15 minutes at 350. I finished mine on the broil setting for a few minutes to get it nice and brown on top.
5. Scoop up a hearty serving and live your best cozy life.

Nutrition Information (per serving): 272 calories, 10.7g fat, 36g carbohydrate, 8g sugar, 6g fiber, 8.5g protein, 482mg sodium, 969mg potassium, 195mg phosphorous

# Power Greens Spring Salad

Nicole Derderian

Servings: 4

Nutrition Facts: 110 calories, 19g Carbs, 5.5g Fat, 1g Protein, 6g Fiber

## Ingredients:

- 1 Small cucumber
- 1 Broccoli crown
- 1/8 cup chopped green onion
- 1/4 cup Sunflower seeds
- 1/2 cup Reduced-sugar dried cranberries
- 1 1/2 Tbsp Olive oil
- 1 Tbsp Lemon juice
- 1 tsp Garlic salt
- 1 tsp pepper

## Instructions:

1. Chop zucchini, broccoli, and green onion. Place all in bowl.
2. Add sunflower seeds and cranberries, mix.
3. Add olive oil, lemon, garlic salt, and peppers. Mix again.
4. Store in refrigerator until ready to serve.



# 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.

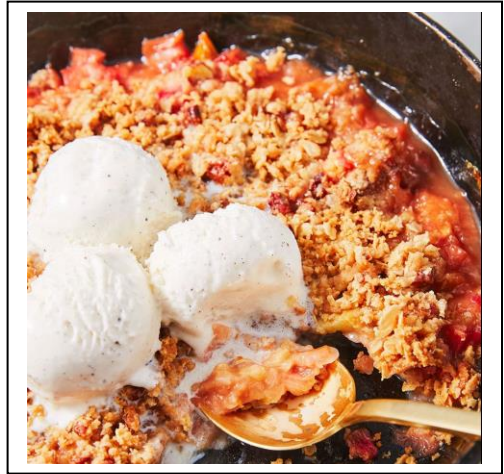
# Rhubarb Strawberry Crisp

*Adapted from:* LAUREN MIYASHIRO, UPDATED: MAR 7, 2023, [delish.com](https://www.delish.com/cooking/recipe-ideas/a27022428/rhubarb-crisp-recipe/),  
<https://www.delish.com/cooking/recipe-ideas/a27022428/rhubarb-crisp-recipe/>

## Ingredients

### FOR THE FILLING

- **3 1/2 c.** sliced rhubarb (about 6 large stalks)
  - **(or –** Approx. 12 oz. bag frozen tart cherries, thawed and drained of excess fluid)
- **2 c.** fresh strawberries, cut in half.
- **1 tbsp.** lemon juice
- **1/3 c.** granulated sugar
- **1/4 c.** packed brown sugar



### FOR THE TOPPING

- **1/2 c.** all-purpose flour
- **1/2 c.** rolled oats
- **1/2 c.** finely chopped pecans
- **1/2 c.** packed brown sugar
- **1/4 c.** granulated sugar (Optional)
- **1/2 tsp.** kosher salt
- **3/4 tsp.** ground cinnamon
- **1/4 tsp.** ground ginger
- **6 tbsp.** melted butter (or vegan butter)

## Directions

1. Step 1 Preheat oven to 375°. In a 10" skillet or in a square baking dish, toss rhubarb with filling ingredients until evenly incorporated.
2. Step 2 In a large bowl, whisk together flour, oats, pecans, sugars, salt, cinnamon, and ginger. Use your hands to incorporate melted butter into flour mixture until mixture has pea-sized clumps.
3. Step 3 Scatter topping over rhubarb mixture and bake until rhubarb is bubbling and topping is golden, about 45 minutes.

**Nutrition Information:** Calories 416, Fat 18 g, Saturated fat 8 g, Trans fat 0 g, Cholesterol 31 mg, Sodium 169 mg, Carbohydrates 60 g, Fiber 3 g, Sugar 47 g, Protein 4 g, Vitamin D 0 mcg, Calcium 95 mg, Iron 1 mg, Potassium 298 mg.