

COOKING FOR WELLNESS

July 2024



CANCER SUPPORT
COMMUNITY
GREATER ANN ARBOR

Heirloom Tomato Sandwich

Prep time

10 mins

Total time

10 mins

This tomato sandwich gets a delicious tangy kick from creamy white bean spread. I add basil for fresh flavor and lettuce and avocado for extra veggie goodness. Perfect for a summer picnic!

Author: Jeanine Donofrio

Recipe type: Main dish

Cuisine: American

Serves: 4

Ingredients

White bean puree:

- 1 ½ cups cooked cannellini beans, drained and rinsed
- 2 tablespoons extra-virgin olive oil
- 2 garlic cloves
- 3 tablespoons lemon juice
- 1 teaspoon capers
- sea salt and freshly ground black pepper

for the sandwiches:

- 8 slices of toasted WFM SeDUCTION® bread
- 4 butter lettuce leaves
- 3 heirloom tomatoes, sliced
- 2 avocados, sliced
- Sea salt and freshly ground black pepper
- 8 fresh basil leaves
- pinch of smoked paprika, optional
- sprinkle of hemp seeds, optional

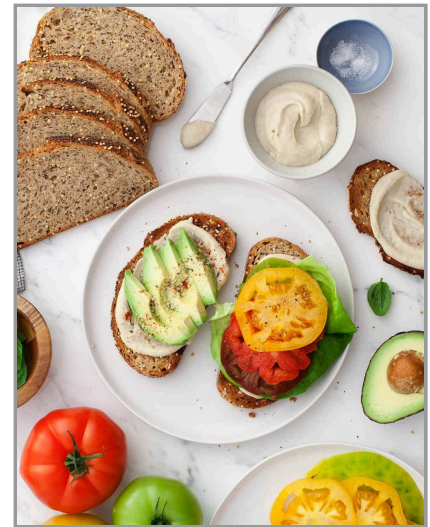
Instructions

1. In a blender, puree the cannellini beans, olive oil, garlic, lemon juice, and capers. Season with salt and pepper to taste. Chill until ready to use.
2. Assemble the sandwiches with the toasted bread, white bean puree, lettuce, tomatoes, avocado, fresh basil, sea salt, pepper, a pinch of smoked paprika and a sprinkle of hemp seeds if desired.

Notes

Find SeDUCTION bread at Whole Foods.

Recipe by Love and Lemons at <https://www.loveandlemons.com/heirloom-tomato-sandwich/>



Berry Quinoa Salad



4.63 from 16 votes

Recipe from **Two Peas and Their Pod**

This healthy fruit salad is a summer favorite! It is great for breakfast, snack time, or served as a side dish.

Prep Time

15 mins

Total Time

15 mins

Course: Salad Cuisine: American Keyword: fruit salad Servings: 6 Calories: 276kcal

Ingredients

Citrus Honey Dressing:

- 1 teaspoon orange zest
- 4 tablespoons fresh orange juice
- 2 tablespoons fresh lemon juice
- 1 tablespoon fresh lime juice
- 1 tablespoon honey
- 1 teaspoon finely chopped mint
- 1 teaspoon finely chopped basil

For the Salad:

- 2 cups cooked quinoa
- 1 1/2 cups strawberries, cut in half
- 1 cup raspberries
- 1 cup blackberries
- 1 cup blueberries
- 1 cup roughly chopped almonds, or candied pecans
- 1 tablespoon finely chopped mint
- 1 tablespoon finely chopped basil

Instructions

1. First, make the dressing. In a small bowl or jar, whisk together the orange zest, orange juice, lemon juice, lime juice, honey, mint, and basil. Set aside.
2. In a large bowl, combine cooked quinoa, strawberries, raspberries, blackberries, blueberries, almonds, mint, and basil. Gently stir. Drizzle citrus honey dressing over the salad and gently stir again. Serve.

Notes

Cook the quinoa according to package instructions. The quinoa can be made in advance. Make sure it is cool before making the salad. The salad is best the day it is made.

Nutrition

Calories: 276kcal | Carbohydrates: 34g | Protein: 9g | Fat: 14g | Saturated Fat: 1g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 8g | Sodium: 6mg | Potassium: 458mg | Fiber: 9g | Sugar: 12g | Vitamin A: 123IU | Vitamin C: 43mg | Calcium: 97mg | Iron: 2mg

Vegetarian Mediterranean Orzo Pasta Salad

Ingredients:

- 1 cup orzo pasta
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced • 1 bell pepper (red, yellow, or orange), diced
- 1/2 red onion, thinly sliced
- 1 cup baby spinach leaves
- 1/2 cup Kalamata olives, pitted and halved
- 1/2 cup crumbled feta cheese
- 1/4 cup fresh parsley, chopped
- 1/4 cup extra virgin olive oil
- 2 tablespoons red wine vinegar
- 1 clove garlic, minced
- 1 teaspoon dried oregano
- Salt and pepper, to taste
- Lemon wedges, for serving (optional)

Instructions:

1. Cook the orzo pasta until it's just right, following the instructions on the box. When it's done, rinse it under cold water to cool it down. Then, leave it to chill.
2. In a big bowl, mix together the cooled orzo pasta, halved cherry tomatoes, diced cucumber, diced bell pepper, thinly sliced red onion, baby spinach leaves, halved Kalamata olives, crumbled feta cheese, and chopped fresh parsley.
3. In a smaller bowl, whisk up the extra virgin olive oil, red wine vinegar, minced garlic, dried oregano, salt, and pepper until it's all blended together nicely.
4. Pour that dressing you made over the pasta salad in the big bowl, and gently mix everything up so it's all coated in that tasty dressing.
5. Give it a taste and see if it needs a little more salt or pepper.
6. Stick the salad in the fridge for at least 30 minutes so all the flavors can get to know each other.
7. Just before serving, give it one more toss and add some extra parsley on top if you want. If you're feeling fancy, throw in some lemon wedges on the side.
8. Serve it up as a side dish or even as a light meal all on its own. Enjoy your Mediterranean Orzo Pasta Salad!