

COOKING FOR WELLNESS

December 2024



CANCER SUPPORT
COMMUNITY
GREATER ANN ARBOR



POTSTICKER SOUP

author: ALI ⌚ prep time: 5 MINS

⌚ cook time: 20 MINS ⌚ total time: 25 MINS

🍴 yield: 4 TO 6 SERVINGS 1X

DESCRIPTION

This cozy potsticker soup recipe comes together in just 25 minutes and is easy to customize with your favorite dumplings and veggies.

INGREDIENTS

2 tablespoons olive oil, divided
8 ounces shiitake mushrooms, thinly sliced
2 tablespoons grated or minced fresh ginger
4 cloves garlic, pressed or minced
6 cups vegetable broth
2 tablespoons soy sauce
16 to 20 ounces frozen potstickers
5 scallions, thinly sliced and divided
3 baby bok choy, ends trimmed off and leaves separated
2 teaspoons toasted sesame oil
freshly-ground black pepper
optional toppings: chili crisp, toasted sesame seeds, furikake seasoning, fried garlic

INSTRUCTIONS

- 1 **Sauté.** Heat 1 tablespoon of oil in a large stockpot over medium-high heat. Add the mushrooms and sauté, stirring occasionally, until browned. Add the remaining 1 tablespoon oil, garlic and ginger. Sauté for 1-2 more minutes, stirring occasionally, until fragrant.
- 2 **Simmer.** Add the vegetable broth and soy sauce and stir to combine. Continue heating until the broth reaches a boil. Add the frozen potstickers, half of the scallions, bok choy and stir to combine. Cook for 3-4 minutes or until the potstickers are cooked. Stir in the sesame oil and a few twists of freshly-ground black pepper. Taste and season with additional soy sauce or black pepper if needed.
- 3 **Serve.** Serve immediately, generously garnished with the remaining scallions and any extra toppings that sound good.



CREAMY MUSHROOM RISOTTO SKILLET RECIPE



Author: Lindsay Cotter **Total Time:** 25 minutes **Yield:** 4 to 5 people 1x

Diet: Gluten Free

Make this gluten-free creamy mushroom risotto skillet for a side dish or main dish full of rich flavors and a creamy consistency! Vegan risotto option.

INGREDIENTS

- 2 to 3 cups vegetable stock, divided
- 1 1/2 Tablespoons light olive oil
- 1/2 cup diced shallot or 1 small white onion
- 1 teaspoon minced garlic (about 2 cloves)
- 8 ounces (2 cups) sliced button mushrooms
- 1 to 1 1/2 teaspoons kosher salt, divided
- 1/4 cup white wine or cooking sherry (see notes for substitutes)
- 1 cup Arborio rice or hulled millet (pre-rinsed)
- 2 Tablespoons butter or plant based butter
- 1 cup shredded or grated Parmesan cheese, plus more for topping (see notes substitutes)
- 1 to 2 cups loose leaf spinach
- Garnishes – fresh parsley, cracked black pepper

INSTRUCTIONS

1. Pour the vegetable stock into a heatproof bowl or jar and microwave on high for 2 minutes or until hot. Set aside and keep warm. (Use the stove top to heat the broth, just be sure to keep warm.)
2. In a large skillet over medium-high heat, add the oil, shallots and garlic sautéing for about 3 minutes or until translucent.
3. Stir in the sliced mushrooms and 1/2 teaspoon salt until combined. Increase the heat to high and add the white wine, stirring the mushrooms, letting them “sweat” to absorb the white wine, about 2

to 3 minutes.

4. Reduce the heat to medium-high and stir in the rice or millet. Add enough of the warm stock to just cover the millet (about 1 to 1 1/2 cups). Mix to combine then bring to a simmer over. Reduce the heat to medium-low, cover, and cook for 10 to 15 minutes or until the rice or millet is just slightly tender and has absorbed the majority of the stock.
5. Uncover and add the remaining 1 to 1 1/2 cups of warm stock (the more stock the creamier). Return to a simmer over medium heat and continue to cook, stirring, until stock is absorbed, or about 5 to 10 minutes. Taste to see if the rice is cooked to al dente (millet may take longer to soften).
6. Remove the pan from the heat and stir in the butter, Parmesan, spinach, and 1/2 teaspoon salt. cracked black pepper and garnish with fresh parsley. Serve immediately or once cooled, store in the fridge in an airtight container for up to 5 days.

NOTES

This recipe was originally published in 2019 and has since been retested and updated for more traditional risotto using Arborio rice along with the original millet option.

Substitute Tips – Use 1/4 cup vegetable stock plus 1 Tablespoon white wine vinegar or lime juice in place of white wine. Vegan Option – Substitute 3 to 4 Tablespoons of nutritional yeast flakes or vegan parmesan for the Parmesan, taste and texture will vary.

NUTRITION

Serving Size: Calories: **278** Sugar: **2.1 g** Sodium: **747.8 mg** Fat: **11 g** Saturated Fat: **4.8 g**

Carbohydrates: **33.2 g** Fiber: **0.7 g** Protein: **9.5 g** Cholesterol: **17.6 mg**

Find it online: <https://www.cottercrunch.com/creamy-mushroom-risotto-millet/>



Iced Gingerbread Loaf Cake

★★★★★

This easy recipe creates moist and flavorful gingerbread topped with a thin layer of vanilla bean icing. Refrigeration isn't immediately required so these loaves are great for gifting around the holidays or serving as a snack or dessert.

Course	Breakfast , Brunch , Dessert , Snacks
Cuisine	American
Recipe Type	Bread , Cakes , Christmas , Holiday Baking
Skill Level	Easy
Prep Time	20 minutes
Cook Time	45 minutes
Rest Time	20 minutes
Total Time	1 hour 25 minutes
Servings	8
Calories	430kcal
Author	Angela G.

Ingredients

Gingerbread

- 2 cups all-purpose flour
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- ¼ teaspoon ground nutmeg
- ½ teaspoon baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ cup unsalted butter, softened (1 stick)
- ½ cup dark brown sugar
- ½ cup molasses (unsulphured, not blackstrap)
- 1 tablespoon ginger paste (or ¼ teaspoon ginger powder)
- 2 eggs
- 1 teaspoon vanilla extract
- 1 cup whole milk

Icing

- 1 cup powdered sugar
- 2 tablespoon whole milk
- 1 teaspoon vanilla bean paste*

Instructions

1. Preheat oven to 350°F. Grease a 9x5-inch loaf pan with nonstick [baking spray](#).
2. In a medium bowl, whisk together flour, cinnamon, cloves, nutmeg, baking soda, baking powder, and salt.
3. In a separate bowl, using an electric mixer, cream the softened butter with brown sugar until light and fluffy, about 2 minutes.
4. Add molasses and ginger; mix to combine. Scrape down sides of the bowl as needed.
5. Next add eggs and vanilla. Mix to combine.
6. With the mixer on low speed, add milk then dry ingredients.

Mix just until dry ingredients are combined – don't overmix or bread will become chewy and stiff!

7. Transfer batter to prepared loaf pan and smooth the top.
8. Bake for 45-50 minutes or just until a toothpick inserted into the center comes out clean.
9. Allow gingerbread loaf to cool for 10 minutes in the pan and then remove it and move to a wire rack to cool completely before adding the glaze.

Icing

1. In a small bowl, whisk together the powdered sugar, milk, and vanilla bean paste.
2. Pour glaze over cooled loaf and spread it to the edges so it just barely drips down the sides. Allow glaze to set for 15 minutes before slicing.

Notes

*Can substitute with seeds from 1 vanilla bean or 1 teaspoon vanilla extract

If using ginger powder instead of paste, whisk the powder in with other dry spices.

Nutrition

Serving: 1 slice | Calories: 430kcal | Carbohydrates: 71g | Protein: 6g | Fat: 14g | Saturated Fat: 8g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 4g | Trans Fat: 0.5g | Cholesterol: 76mg | Sodium: 310mg | Potassium: 432mg | Fiber: 1g | Sugar: 46g | Vitamin A: 470IU | Vitamin C: 0.01mg | Calcium: 144mg | Iron: 3mg

Iced Gingerbread Loaf Cake <https://www.mightymrs.com/iced-gingerbread-loaf-cake/>