

COOKING FOR WELLNESS

April 2025



CANCER SUPPORT
COMMUNITY
GREATER ANN ARBOR

Caramelized Sweet Potato & Roasted Beet Salad with Feta

Ingredients:

- 2 medium sweet potatoes, peeled and cubed
- 2 medium beets, peeled and cubed
- 2 tbsp olive oil
- 1 tbsp maple syrup
- Salt & pepper to taste
- 1 tsp smoked paprika
- 4 cups mixed greens (arugula, spinach, etc.)
- ½ cup crumbled feta cheese
- ¼ cup roasted walnuts or pecans (optional)
- Balsamic glaze or vinaigrette for drizzling

Steps:

1. Preheat oven to 400°F (200°C).
2. Toss cubed sweet potatoes with 1 tbsp olive oil, maple syrup, salt, pepper, and smoked paprika.
3. Spread on a lined baking sheet and roast for 25–30 minutes, tossing halfway, until caramelized.
4. Toss beets with remaining olive oil, salt, and pepper. Spread on another sheet and roast for 25–30 minutes.
5. Let roasted veggies cool slightly.
6. In a large bowl or platter, layer mixed greens, then top with sweet potatoes and beets.
7. Sprinkle with crumbled feta and nuts, if using.
8. Drizzle with balsamic glaze or your favorite vinaigrette just before serving.

Prep Time: 15 mins | Cook Time: 30 mins

Servings: 4

Zoodle Salad

★★★★☆
4.40 from 64 votes

This zoodle salad is loaded with veggies and tossed in a homemade Italian dressing. It's the perfect side salad for summer cookouts, BBQs and picnics!

Prep Time
10 mins

Total Time
10 mins

Course: Salad Cuisine: American Servings: 8 Author: Brittany Mullins

Ingredients

- 3 large zucchini, spiralized into noodles (about 4-5 cups of zoodles)
- 1 yellow or red bell pepper, chopped
- 1 pint grape tomatoes, quartered
- 1 cup chopped cucumber
- 1/3 cup chopped red onion

Dressing:

- 3 Tablespoons apple cider vinegar or lemon juice
- 1/4 cup olive oil
- 1 teaspoon dijon mustard
- 1 teaspoon maple syrup optional
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/2 teaspoon pepper
- 1/4 teaspoon sea salt

Instructions

1. **Combine veggies:** Add zucchini, bell pepper, tomatoes, cucumber and red onion into a large salad bowl.
2. **Make dressing:** In a small bowl whisk together the dressing ingredients.
3. **Add dressing:** Pour dressing over salad and toss to combine. Taste and add additional salt and pepper if needed.

4. **Sit and serve:** Let sit in the fridge for 20-30 minutes before serving.

Notes

Optional Additions:

- **fresh parmesan** – sprinkle some freshly grated parmesan for a cheesy addition.
- **vegan parmesan** – want to make this vegan or dairy free? Added vegan parm or make my hemp parmesan!
- **olives** – I love the salty, savory flavor olives add to this dish!
- **paprika** – add a little smoky heat with a pinch of paprika.

Nutrition

Serving: 1/8 recipe | Calories: 65kcal | Carbohydrates: 1g | Fat: 7g | Saturated Fat: 1g | Polyunsaturated Fat: 5g | Monounsaturated Fat: 1g | Sodium: 89mg | Potassium: 11mg | Sugar: 1g

Thank You! <https://www.eatingbirdfood.com/zucchini-noodle-spaghetti-salad/>

Tap stars to rate! ★ ★ ★ ★ ★ 5 from 2 votes

Banana Bread Energy Bars {Vegan, Paleo, Whole30}

Prep: 10 minutes
Cook: 10 minutes
Total: 20 minutes

This Banana Bread Energy Bar recipe tastes just like the store-bought version, but better! With just 3 ingredients and the help of your food processor, these no-bake fruit and nut snack bars will be ready in 20 minutes or less. Vegan, Paleo, and Whole30, too!

Servings 12

Ingredients

- ☐ 1 1/2 cup mixed nuts, I used 1 cup almonds, 1/2 cup walnuts. Cashews also work here.
- ☐ 6oz dried baby bananas, equal to 1 heaping cup
- ☐ 10 medjool dates, pitted
- ☐ 1 tsp ground cinnamon, optional

Instructions

- 1 **Toast Nuts:** Preheat oven to 325°F and place raw nuts on baking sheet. Toast nuts for 8-12 minutes, or until lightly golden brown. Allow toasted nuts to cool on pan for 10 minutes. *Toasting is optional but it brings out more flavor.*
 - 2 **Soak Dates & Dried Bananas:** In a medium sized bowl, cover pitted dates and dried bananas with warm water. Let sit for 3 minutes to soften dates and bananas. Then drain. *If dates are really moist, no need to soak. My dried bananas were fairly dried out, so those needed to be soaked for a few minutes.*
 - 3 **Make Bars:** In the bowl of your food processor, add cooled toasted nuts. Process until they're in tiny pieces, almost to meal texture. Next, add in drained pitted dates, dried bananas, and cinnamon, if using, process/pulse until broken down and mixture starts to come together. *See photos in post for visual.*
 - 4 Remove S blade from bowl of processor. Transfer mixture into lined 9x5 loaf pan or 8x8 baking pan and press mixture down flat. Transfer pan to freezer for 10 minutes, or fridge for 30 minutes, allowing the bars to set for easier cutting. Then gently lift the parchment paper to remove the bars, placing on cutting board. Use large sharp knife to cut the bars into 12 even squares (or desired number of servings).
 - 5 Store bars in airtight container in fridge up to two weeks, or freezer up to 3 months. Enjoy!
- ★ Last step! If you make this, please leave a review letting us know how it was!

Recipe Notes:

- Bars can also be rolled into tablespoon size balls. You should get around 24 balls. Store in fridge or freezer.
- Feel free to add up to 3 servings of collagen peptides, which would be very similar to the Pumpkin Spice Paleo Protein Bars.
- If you'd like to use plant-based protein, you'll likely need to add some liquid. I'd recommend adding no more than 1/2 cup plant protein powder, and add 1-2 tablespoons of water at a time until mixture is no longer dry and holds together well.

Nutrition Information

Serving: 1/12th, **Calories:** 207kcal (10%), **Carbohydrates:** 30g (10%), **Protein:** 4g (8%), **Fat:** 10g (15%), **Fiber:** 3g (13%), **Sugar:** 21g (23%)

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