

COOKING FOR WELLNESS

May 2025



CANCER SUPPORT
COMMUNITY
GREATER ANN ARBOR

GUACAMOLE STUFFED TOMATOES

Author: She Likes Food *Total Time:* 30 minutes *Yield:* 20 1x *Diet:* Vegan

These Guacamole Stuffed Tomatoes are the perfect fun appetizer for all your summer needs!



INGREDIENTS

- 1 large avocado
- 1/4 cup black beans
- 1/4 cup corn kernels
- 1/4 cup small diced red onion
- 1–2 cloves garlic, minced
- Chopped jalapeno, to taste
- 1–2 tablespoons chopped fresh cilantro
- Juice of one medium sized lime or lemon
- 1/4 teaspoon ground cumin, or to taste
- 1/4 teaspoon paprika, or to taste
- Salt, to taste

INSTRUCTIONS

1. Prepare the guacamole, cut the avocado in half, remove the pit and scoop the avocado into a medium sized bowl. Use a fork to mash the avocado. For this recipe I like to mash it as much as I can to make sure there aren't any large chunks left.
2. Next, add in the black beans, corn, onion, jalapeno, cilantro, garlic, lime juice, spices and salt, to taste. Mix everything together well and set aside.
3. Wash and dry your tomatoes. Use a sharp knife to cut the very top of the tomato and then use a small spoon or teaspoon to scoop out the inside of each tomato. You may need a small pairing knife to help loosen it up.

4. You can either scoop the guacamole into a piping bag and pipe it into the tomatoes, or just use a spoon to scoop a little bit of guacamole into each tomato. Top with fresh cilantro and enjoy! Best when enjoyed soon after assembling.

Nutrition Facts

Serving Size 4 Tomatoes
Serves 5

Amount Per Serving

Calories 60

	% Daily Value*
Total Fat 3.7g	5%
Cholesterol 0mg	0%
Sodium 49.5mg	2%
Total Carbohydrate 6.3g	2%
Sugars 0.9g	
Protein 1.5g	3%
Vitamin A	0%
Vitamin C	4%

Find it online: <https://www.shelikesfood.com/guacamole-stuffed-tomatoes/>

Cinnamon Roll Energy Bites

Nutrition Facts:

Calories: 120 per bite | Carbohydrates: 15g | Protein: 3g | Fat: 6g | Fiber: 2g

Ingredients:

- 1/2 cup rolled oats
- 1 cup pitted dates
- 2 tbsp almond butter
- 1 tbsp maple syrup
- 1 tsp cinnamon
- 1/2 tsp vanilla extract
- 1 tbsp chia seeds
- 1 tbsp flaxseeds
- 1/4 cup chopped almonds

Instructions:

1. In a food processor, blend the rolled oats until they reach a fine consistency.
2. Add the pitted dates, almond butter, maple syrup, cinnamon, and vanilla extract to the food processor. Blend until the mixture forms a sticky dough.
3. Transfer the mixture to a bowl and fold in the chia seeds, flaxseeds, and chopped almonds.
4. Using your hands, roll the mixture into small, bite-sized balls (about 1-inch in diameter).
5. Place the energy bites on a tray lined with parchment paper and refrigerate for at least 30 minutes to firm up.
6. Once set, store the energy bites in an airtight container in the refrigerator for up to a week.

Equipments Needed:

- Food processor
- Mixing bowl
- Parchment paper
- Airtight container

HERBED POTATO, ASPARAGUS & CHICKPEA SHEET PAN DINNER

One pan, a few fresh ingredients and spices, oven roasted together creating a healthy meal the whole family will love!

Author: Julie | The Simple Veganista

Prep Time: 5 **Cook Time:** 40 **Total Time:** 45 minutes

Yield: Serves 3

Category: Entree, Gluten-Free

Method: roast

Cuisine: American

Diet: Vegan



INGREDIENTS

- 1 lb. **baby red potatoes**, sliced in half lengthwise
- 1 1/2 cups **petite baby carrots**
- 1 can (14oz.) **chickpeas**, drained and rinsed
- 1 teaspoon of EACH **dried basil, dried thyme, dried oregano** (see notes)
- 1 teaspoon **paprika**
- 1/2 teaspoon **garlic powder**
- 2 – 3 tablespoons **olive oil**, divided
- 1 lb. **asparagus**, ends trimmed and cut into thirds
- 1/2 large **yellow onion**, sliced lengthwise
- **mineral salt & fresh cracked pepper**, to taste
- Fresh **parsley**, to serve

INSTRUCTIONS

Preheat oven to 425 degrees F. Line a rimmed baking sheet with parchment paper, silpat or lightly grease with oil.

Assemble: Add the potatoes, carrots and chickpeas to the sheet pan, drizzle with 1 1/2 tablespoon olive oil and 3/4 of the spices, toss to coat. Arrange the potatoes flesh side down, this will help them get crispy edges.

Roast: Place in the oven for 20 -25 minutes.

Add onion + asparagus: Carefully remove the pan from the oven, push the potato mixture to one side, add the onion and asparagus, add the remaining oil and herb/spice mix, toss to coat.

Continue roasting: Place sheet pan back in the oven and roast for 10 – 15 minutes more. Let cool a few minutes before serving.

Serve: Place in individual serving bowls and top with parsley sprinkled over top and sliced avocado on the side. Would be great with a serving of quinoa on the side as well, adding more fiber and protein!

Store: Leftovers can be stored in an airtight container in the refrigerator for up to 5 – 6 days.

NOTES

If you don't have all of the herbs on hand, use 1 tablespoon Italian seasoning or herbes de provence mix.

Nutrition Facts

Serves 3

Amount Per Serving

Calories 325

% Daily Value*

Total Fat 7.3g **9%**

Saturated Fat 1g

Cholesterol 0mg **0%**

Sodium 425.5mg **18%**

Total Carbohydrate 55.7g **20%**

Dietary Fiber 12.8g **46%**

Sugars 10g

Protein 14g **28%**

Vitamin A 9% Vitamin C 28%

Calcium 8% Iron 39%

Vitamin D 0% Magnesium 24%

Potassium 28% Zinc 24%

Phosphorus 26% Thiamin (B1) 38%

Riboflavin (B2) 25% Niacin (B3) 24%

Vitamin B6 33% Folic Acid (B9) 63%

Vitamin E 15% Vitamin K 90%

Find it online: <https://simple-veganista.com/potato-asparagus-chickpea-sheet-pan-dinner/>