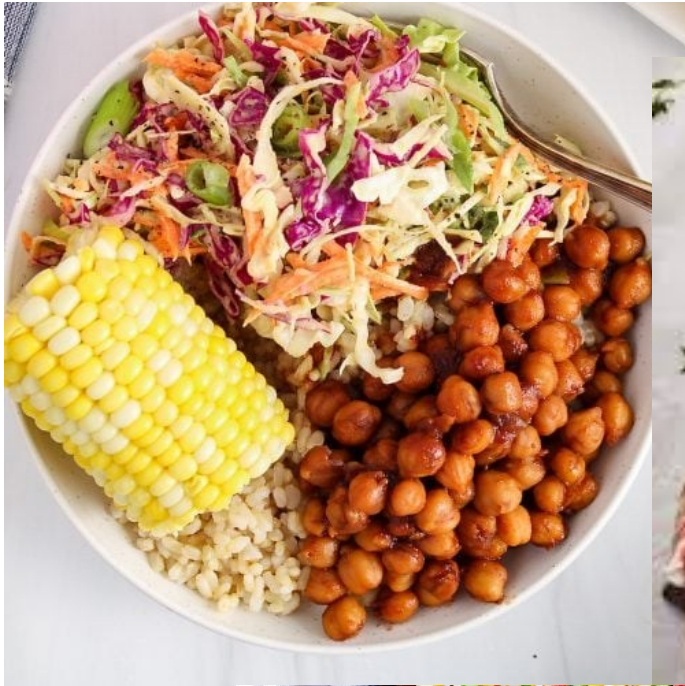


COOKING FOR WELLNESS

June 2025



CANCER SUPPORT
COMMUNITY
GREATER ANN ARBOR

Roasted Strawberry Whipped Ricotta Toast is a delightful blend of sweet and savory. Creamy whipped ricotta is spread over toasted bread and topped with juicy roasted strawberries, a drizzle of honey, and a sprinkle of fresh basil. Perfect for brunch or a light summer snack!

Author: Amelia

Prep Time: 10

Cook Time: 20

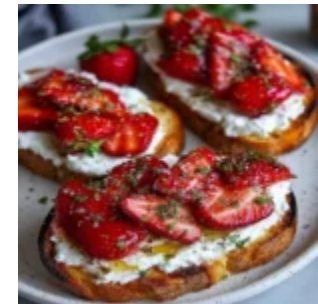
Total Time: 30

Yield: 4 toasts

Method: Roasted

Cuisine: Mediterranean

Diet: Vegetarian



Ingredients

- 1 cup strawberries, hulled and halved
- 1 tablespoon balsamic vinegar
- 1 tablespoon honey (plus more for drizzling)
- 1 cup whole milk ricotta cheese
- 1 teaspoon lemon zest
- 4 slices sourdough or rustic bread
- Olive oil, for brushing
- Fresh basil leaves, torn
- Salt and black pepper to taste



...and syrupy.

3. While strawberries roast, whip ricotta with lemon zest, salt, and pepper until smooth and creamy.
4. Brush bread slices with olive oil and toast until golden and crisp.
5. Spread whipped ricotta on toasted bread, top with roasted strawberries and their juices.
6. Drizzle with additional honey and garnish with fresh basil. Serve immediately.

Notes

- Try using whipped feta or goat cheese for a tangier twist
- Add crushed pistachios or walnuts for crunch
- Use maple syrup instead of honey for a different sweetness
- Strawberries can be roasted ahead and stored in the fridge for 3 days

Nutrition

Serving Size: 1 toast Calories: 210 Sugar: 7 Sodium: 190 Fat: 10 Saturated Fat: 5 Unsaturated Fat: 4 Trans Fat: 0
Carbohydrates: 22 Fiber: 2 Protein: 7 Cholesterol: 20

Find it online: <https://bakesync.com/roasted-strawberry-whipped-ricotta-toast-2/>



BBQ Chickpea Bowl with a Quick Creamy Coleslaw



5 from 3 votes

This BBQ chickpea bowl is so satisfying and bold in flavor. This is such a great plant-based recipe for when you are craving smoky BBQ food. Simple & quick to make, great for meal-prep and also healthy!

Prep Time	Cook Time	Total Time
20 mins	10 mins	30 mins

Course: Main Course Cuisine: American Keyword: Bowl, dairy-free, Low in fat, Vegan
 Servings: 4 bowls Calories: 672kcal Author: Jessica Laroche

Ingredients

- 2 x 15 oz canned chickpeas rinsed and drained
- ½ cup water or veggie broth
- ¼ cup maple syrup
- ¼ cup soy sauce
- 2 tbsp tomato paste
- 2 tbsp balsamic vinegar
- 2 tsp liquid smoke
- ½ tsp garlic powder
- ½ tsp onion powder

For the quick creamy coleslaw

- 4 cups cabbage, green and/or purple finely sliced
- 1 cup carrots shredded
- 2-3 green onion sliced
- ½ cup vegan mayo homemade or store-bought
- 1 tbsp apple cider vinegar
- 1 tsp maple syrup
- 1 tsp dijon
- 1 small clove of garlic crushed

- ½ tsp salt or to taste

To serve

- 2 cups cooked brown rice (or enough for 4 bowls) or other cooked grains like farro or barley
- 4 cooked corn on the cob

Instructions

1. In a small pot, add all the BBQ chickpea ingredients and stir to combine. Then, warm on medium-high heat and let the mixture simmer for 10-15 minutes. The chickpeas are ready when the sauce is to desired consistency.
2. While the chickpeas are cooking, make the coleslaw by combining the cabbage, carrot and green onion in a large bowl. Then in a small bowl, whisk to combine the sauce ingredients, then add to the cabbage. Stir and set aside until ready to serve.
3. To serve, lay some rice to the bottom of a bowl and top with some BBQ chickpea, coleslaw and corn on the cob. Top with more green onion, if desired. Enjoy!

Notes

- Store any leftover BBQ chickpeas or coleslaw in air tight containers in the fridge for up to 4 days. Reheat the chickpeas in the microwave when ready to eat (you can also add a splash of water if needed first).
- This recipe makes for great sandwiches filling too! Stuff a toasted bun with the chickpeas (you can roughly mash some of them) and top with the slaw for a sloppy joe's kind of sandwich.
- Nutrition: please note that the nutritional information is an estimate per serving provided for informational purposes only (calculated by software) and accuracy is not guaranteed. Consult with your healthcare provider or a registered dietitian if you need precise nutrition calculations for health reasons.

Nutrition

Calories: 672kcal | Carbohydrates: 97g | Protein: 19g | Fat: 24g | Saturated Fat: 3g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 2g | Trans Fat: 0.01g | Sodium: 1989mg | Potassium: 1049mg | Fiber: 16g | Sugar: 25g | Vitamin A: 5797IU | Vitamin C: 37mg | Calcium: 164mg | Iron: 5mg

Thank You! <https://plantbasedjess.com/bbq-chickpea-bowl-with-a-quick-creamy-coleslaw/>

Summer Vegetable Orzo Salad



4.41 from 119 votes

Summer Vegetable Orzo Salad is full of summer's best produce! Tomatoes, corn, peaches, basil and orzo all tossed together in a honey lime dressing.

Prep Time 20 mins	Cook Time 10 mins	Total Time 30 mins
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Course: Pasta, Salads, Side Dishes Cuisine: American Keyword: orzo, pasta salad, summer salad Servings: 4 servings
Author: Danae Halliday

Ingredients

Salad

- 1 cup uncooked orzo
- 1 cup fresh or frozen corn, if using fresh I recommend grilling it
- 1 cup cherry tomatoes, halved
- 2 peaches, diced
- 1 jalapeño, deseeded and finely chopped
- 2 green onions, sliced thin
- 1 tablespoon chopped fresh basil
- Kosher salt and freshly ground black pepper to taste

Dressing

- 2 tablespoons fresh lime juice
- 1 tablespoon olive oil
- 1 tablespoon honey, or maple syrup
- 1/2 teaspoon ground cumin
- 1/4 teaspoon garlic powder
- Kosher salt and freshly ground black pepper to taste

Instructions

1. Cook the orzo according to package instructions. Once cooked, cool completely or rinse under cold water and drain. Add the orzo to a large serving bowl along with the remaining salad ingredients.

2. In a small bowl whisk together the dressing ingredients then pour it onto the salad. Toss everything together and taste for seasoning. Serve immediately or cover and refrigerate until ready to serve.

Nutrition

Calories: 268kcal | Carbohydrates: 51g | Protein: 8g | Fat: 5g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Sodium: 81mg | Potassium: 384mg | Fiber: 4g | Sugar: 15g | Vitamin A: 685IU | Calcium: 26mg | Iron: 2mg