

COOKING FOR WELLNESS

September 2025



CANCER SUPPORT
COMMUNITY
GREATER ANN ARBOR

INGREDIENTS

Yield: 4 servings

Salt and black pepper

1 cup orzo

1 pound asparagus, trimmed and thinly sliced on a diagonal (about ¼-inch thick)

5 tablespoons extra-virgin olive oil

1 teaspoon lemon zest plus 3 tablespoons lemon juice, plus more as needed (from about 1 large lemon)

½ cup panko or homemade bread crumbs

1 small garlic clove, finely grated

¼ cup finely grated Parmesan, plus more for serving

½ cup fresh dill, mint or parsley leaves (or any combination), torn if large

PREPARATION

Step 1

Bring a medium pot of salted water to a boil. Add the orzo and cook until al dente according to package directions. Two minutes before the orzo is done, add the asparagus. Drain the orzo and asparagus. Wipe out and reserve the pot.

Step 2

While the orzo and asparagus cook, make the dressing: In a large bowl, stir together 3 tablespoons oil and the lemon zest and juice; season to taste with salt and pepper. Add the drained orzo and asparagus and toss to coat. Set aside while you toast the bread crumbs.

Step 3

In the reserved pot, heat the remaining 2 tablespoons oil over medium. Add the panko and cook, stirring, until golden brown, 3 to 5 minutes. Remove from heat, then stir in the garlic and season with salt and pepper.

Step 4

Stir the Parmesan and herbs into the orzo, taste, then season with salt, pepper and additional lemon juice, if desired. Top with the toasted bread crumbs and more Parmesan if you like. Serve warm or at room temperature.

CRUNCHY FARRO SALAD

Preparation Time	10-15 minutes
Cooking Time	0-5 minutes
Total Time	10-20 minutes
Level of Difficulty	Easy

Estimated Nutrition

Estimated nutrition for the whole recipe (*without optional ingredients*):

- **Calories:** 600-700
- **Protein:** 20-25 g
- **Fat:** 30-35 g
- **Carbohydrates:** 80-90 g

Ingredients

- 1 tablespoon olive oil
- 1 tablespoon apple cider vinegar
- 1 tablespoon dijon mustard (or any other variety)
- 1 tablespoon lemon juice
- 2 teaspoons honey
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1/8 teaspoon garlic powder

- 2 cups diced apple (toss with a bit of extra lemon juice to stop browning)
- 3 cups cooked farro
- 2 ounces crumbled feta cheese
- 1/2 cup chopped celery
- 1/4 cup sliced almonds
- 1/4 cup sweetened dried cranberries
- 2 cups fresh arugula leaves
- 1 tablespoon chopped fresh parsley

Step 1: Prepare the Honey Mustard Dressing

In a small mixing bowl, combine the olive oil, apple cider vinegar, mustard, lemon juice, honey, salt, pepper, and garlic powder.

Use a whisk to blend these ingredients together until you achieve a smooth and well-combined dressing.

Step 2: Assemble the Salad

In a large mixing bowl, combine the chopped apple, cooked farro, Feta cheese, celery, almonds, dried cranberries, arugula, and parsley.

Stir these ingredients together until they are well integrated and evenly distributed throughout the salad.

Step 3: Add and Toss the Dressing

Drizzle the prepared honey mustard dressing over the mixed salad ingredients in the large bowl.

Gently stir or toss the salad to lightly coat everything with the dressing, ensuring each component is flavorful.

Step 4: Serve and Enjoy

Once the salad ingredients are evenly dressed, it is ready to be served.

Enjoy your fresh and flavorful honey mustard salad.

Adjust seasoning to taste if necessary.

Apple Pie Snickerdoodles

Yields: 24 cookies

These cookies are an irresistible combination of two classic sweet treats! Lots of juicy apples, plenty of cozy cinnamon, perfectly chewy cookies... What's not to love?? The cookies will keep for at least 4 days if stored in an airtight container at room temperature or at least a week if stored in an airtight container in the refrigerator.

- **for the cookies**

- 2 cups (240g) finely diced apple
- 2 ½ teaspoons ground cinnamon, divided
- 2 cups (240g) [white whole wheat flour](#) or gluten-free* flour (measured [like this](#))
- 1 ½ tsp baking powder
- 1 tsp cornstarch
- ½ tsp salt
- 4 tbsp (56g) unsalted butter or coconut oil, melted and cooled slightly
- 2 large eggs, room temperature
- 1 tbsp (15mL) vanilla extract
- 1 cup (192g) [coconut sugar](#)
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- **for the coating**

- 6 tbsp (72g) [coconut sugar](#)
- 1 tsp ground cinnamon

1. To prepare the apples, lightly coat a medium pan with nonstick cooking spray, and briefly preheat over medium heat. Add the apples and sprinkle with ½ teaspoon cinnamon. Cook, stirring frequently, for 4-6 minutes or until the apples have softened and the juice appears to have evaporated from the pan. Let the apples cool completely.
2. To prepare the cookies, whisk together the flour, remaining 2 teaspoons of cinnamon, baking powder, cornstarch, and salt in a medium bowl. Whisk together the butter, eggs, and vanilla in a separate bowl. Stir in the coconut sugar. Add in the flour mixture, stirring just until incorporated. Fold in the cooled apples. If too sticky to roll, chill the cookie dough for 30 minutes.
3. To prepare the coating, stir together the coconut sugar and cinnamon in a small bowl.
4. Preheat the oven to 350°F, and line two baking sheets with [silicone baking mats](#) or [parchment paper](#).
5. Roll the dough into 24 spheres, and place onto the prepared baking sheets. (If the dough is sticky, use a spoon and spatula to drop it into rounded scoops onto the baking sheets instead.) Working with one sphere at a time, drop it into the cinnamon mixture, and roll it around until it's completely coated. Place the sphere back onto the baking sheet, and repeat with the remaining dough.
6. Flatten each sphere to about half of its original height. Sprinkle the tops with a little more of the cinnamon mixture, if desired. Bake at 350°F for 10-13 minutes. Cool on the baking sheets for 10 minutes before transferring to a wire rack.

Notes: It's important to cut the apples very small, no larger than the size of miniature chocolate chips. Larger pieces will prevent the cookies from baking evenly. I prefer red apples (Fuji are my favorite!), and I do not peel them. However, you're welcome to peel the apple if you prefer.

For the gluten-free flour, use as follows: ½ cup (60g) millet flour, ½ cup (60g) tapioca flour, 6 tablespoons (42g) coconut flour, and 1 ½ teaspoons xanthan gum. Many store-bought gluten-free flour blends may also work, if measured [like this](#).

[Whole wheat pastry flour](#) or all-purpose flour may be substituted for the white whole wheat flour. Regular whole wheat flour may be substituted in a pinch, but the cookies will have a more prominent "wheat-y" flavor.

The cornstarch helps keep the cookies soft and chewy.

I highly recommend using butter instead of coconut oil for the best taste!

Brown sugar may be substituted for the coconut sugar in the cookies, and granulated sugar or [Truvia](#) may be substituted for the coconut sugar in the coating. If either of these substitutions are used, the cookies will no longer be clean eating friendly.

When rolling the cookie dough in the cinnamon sugar mixture, it sometimes doesn't stick very well. As long as you sprinkle extra on the tops of the cookies just before baking, it'll be fine.

You'll only use about half of the coating, which is accounted for in the Nutrition Information below.

If the cookies stick to the silicone baking mat or parchment paper, carefully slide a knife underneath each cookie to loosen.

{gluten-free, clean eating, low fat, low calorie}

Recipe by Amy's Healthy Baking at <https://amyshealthybaking.com/blog/2016/06/12/apple-pie-snickerdoodles/>