

COOKING FOR WELLNESS

October 2025



CANCER SUPPORT
COMMUNITY
GREATER ANN ARBOR

Roasted Acorn Squash Soup

This creamy acorn squash soup is spiced with nutmeg and cinnamon to create a delicious vegetarian soup full of fall flavors.

Submitted by **FutureChefShay** |

Prep Time: 20 mins

Cook Time: 1 hr

Total Time: 1 hr 20 mins

Servings: 6

Ingredients

- 2 acorn squash, halved and seeded
- water, as needed
- 3 tablespoons unsalted butter
- 1 large sweet onion, chopped
- 1 large carrot, peeled and chopped
- 1 clove garlic, minced
- 3 ½ cups low-sodium chicken stock
- ¼ cup half-and-half
- ½ teaspoon ground nutmeg
- ½ teaspoon ground cinnamon
- 1 pinch salt and ground black pepper to taste

Directions

Step 1

Preheat the oven to 400 degrees F (200 degrees C).

Step 2

Arrange squash cut-side down in a baking dish. Pour enough water into the baking dish to cover the bottom.

Step 3

Bake squash in the preheated oven until easily pierced with a knife, about 45 minutes. Remove from the oven and cool until easily handled. Scoop flesh into a bowl and set aside.

Step 4

Melt butter in a pot over medium-high heat. Add onion, carrot, and garlic; cook and stir until onion has softened and turned translucent, about 5 to 7 minutes. Pour chicken stock into the pot; stir in squash and simmer for 20 minutes.

Step 5

Fill blender halfway with soup mixture. Cover and hold lid down; pulse a few times before leaving on to blend. Puree in batches until smooth and return to pot.

Step 6

Stir in half-and-half, nutmeg, and cinnamon; season with salt and pepper. Thin the soup with water if desired.

Nutrition Facts

Per serving: 155 calories; total fat 8g; saturated fat 5g; cholesterol 21mg; sodium 125mg; total carbohydrate 21g; dietary fiber 6g; total sugars 2g; protein 4g; vitamin c 15mg; calcium 75mg; iron 1mg; potassium 579mg

Apple Cider Muffins

★★★★☆
4.20 from 5 votes

Indulge in the flavors of fall with these sweet cinnamon sugar apple cider donut muffins! Optional glaze and donut options, too!

Prep Time
10 mins

Course: Breakfast, Dessert, Snack Cuisine: American

Keyword: apple cider donut muffin, apple cider muffin, apple cider muffin recipe

Servings: 12 servings Author: Food Dolls

Equipment

- 1 Muffin Tin (or Doughnut Pans)
- 1 Stand Mixer Fitted with a Paddle Attachment
- 1 Small Bowl

Ingredients

Batter:

- 2 cups all-purpose flour
- 2 teaspoons cornstarch
- 1¼ teaspoons baking powder
- ¾ teaspoon fine sea salt
- 2 teaspoons ground cinnamon
- ½ teaspoon freshly grated nutmeg
- 1 cup 225 grams or 2 sticks unsalted butter, room temperature
- 1 ½ cups light brown sugar
- ¼ cup granulated sugar
- 2 large eggs room temperature
- 2 teaspoons vanilla extract
- ½ cup apple cider

For Coating:

- 6 Tablespoons Unsalted butter
- Cinnamon
- Sugar

Instructions

Preparation:

1. Preheat the oven to 350 degrees Fahrenheit. Lightly grease a 12-cup muffin tin or 2 (6-cavity) doughnut pans with nonstick spray.
2. In a medium-sized bowl, combine the all-purpose flour, cornstarch, baking powder, salt, 1 teaspoon of cinnamon, and nutmeg. Set this mixture aside.

2 cups all-purpose flour, 1¼ teaspoons baking powder, ¾ teaspoon fine sea salt,
2 teaspoons ground cinnamon, ½ teaspoon freshly grated nutmeg, 2 teaspoons cornstarch

Mixing the Batter:

1. In the bowl of a stand mixer fitted with a paddle attachment, beat the room temperature butter, brown sugar, and ¼ cup of granulated sugar until the mixture becomes light and fluffy (usually takes about 3-4 minutes).
1 cup 225 grams or 2 sticks unsalted butter, room temperature, 1 ½ cups light brown sugar,
Sugar
2. Add the eggs one at a time, mixing well after each addition, and remember to scrape down the sides of the bowl as necessary.
3. Beat in the vanilla extract.

Creating the Batter:

1. Add the prepared flour mixture to the bowl, and mix on low speed until everything is well combined.
2. While the mixer is running, slowly add the apple cider in a steady stream and continue mixing until the batter is uniform. Make sure to scrape the bowl to ensure everything is evenly mixed.

Filling the Pans:

1. Spoon the batter into the greased muffin or doughnut pans, filling each cavity about ⅔ full. (Alternatively, use a disposable piping bag or a resealable plastic bag with a ½-inch opening cut from one corner.)
2. Bake until the muffins are golden brown and a toothpick inserted into the center comes out clean, which typically takes 12 to 15 minutes. Rotate the pans halfway through baking. NOTE: making muffins, divide the batter equally among the prepared cups, and bake for 15 to 20 minutes, rotating the pan halfway through.

Coating and Serving:

1. While the doughnuts are baking, combine the remaining ½ cup of granulated sugar and 1 teaspoon of cinnamon in a small bowl.
2. In a separate small bowl, melt the remaining 6 tablespoons of butter in the microwave.
3. Let the muffins cool for 5 minutes after baking. Then, remove them from the pans. Brush each muffin with melted butter, and coat them in the cinnamon sugar while still warm.
4. Serve the muffins immediately, or let them cool to room temperature before enjoying.

Notes

OPTION for a Maple Glaze Icing topping:

- 2 cups powdered sugar
- ¼ cup maple syrup
- 2 Tablespoons apple cider
- ¼ teaspoon cinnamon
- Pinch of salt

Mix together. If the glaze is too runny, add a little more powdered sugar. If it's too thick, add 1 teaspoon of apple cider at a time until you get the right consistency. Dunk, drizzle or dip to coat.



Maple Dijon Harvest Pasta Salad

Ingredients:

12 oz pasta (penne or rotini work best)
1 cup butternut squash, diced
1 cup Brussels sprouts, halved
1 cup dried cranberries
½ cup pecans, chopped
½ cup feta cheese, crumbled
2 tablespoons olive oil (for roasting)
Salt and black pepper, to taste

For the Maple Dijon Dressing:

¼ cup olive oil
2 tablespoons balsamic vinegar
1 tablespoon Dijon mustard
1 tablespoon pure maple syrup
1 teaspoon minced garlic (optional)

Instructions:

Cook pasta in salted boiling water until al dente. Drain, rinse lightly with cool water, and set aside.

Preheat oven to 400°F (200°C). Toss diced butternut squash and halved Brussels sprouts with olive oil, salt, and pepper. Spread on a baking sheet and roast 20–25 minutes until tender and caramelized. Let cool slightly.

Whisk together olive oil, balsamic vinegar, Dijon mustard, maple syrup, and garlic in a small bowl until smooth. Adjust seasoning if needed.

In a large bowl, combine pasta, roasted vegetables, cranberries, pecans, and feta.

Pour dressing over salad and toss gently until well coated.

Serve at room temperature or chilled, garnished with extra pecans and feta if desired.

Prep Time: 15 minutes | Cooking Time: 30 minutes | Total Time: 45 minutes

Kcal: ~370 kcal per serving | Servings: 6