

# COOKING FOR WELLNESS

April 2026



CANCER SUPPORT  
**COMMUNITY**  
GREATER ANN ARBOR

# Lemon Blueberry Zucchini Cake

Craving something refreshing? The **Lemon Blueberry Zucchini Cake** is the ultimate spring treat, blending sweet blueberries and zesty lemon in a moist cake. Perfectly light and incredibly delicious, this easy-to-make cake will brighten any occasion!

Prep Time  
**20 mins**

Cook Time  
**30 mins**

Total Time  
**50 mins**

Servings: 9 servings

Course: Desserts

Cuisine: American

Calories: 190



Ingredients



Equipment



Method



Notes

## Ingredients

1 cup **shredded zucchini**    
from 1 medium zucchini

2 **eggs**

½ cup **honey** (168g)

zest from 2 **lemons**

2 tablespoons **fresh lemon juice**

½ teaspoon **almond extract**

1 ½ cups **blanched fine almond flour** (168g) packed

¾ cup **gluten free oat flour** (71g)

1 teaspoon **baking soda**

## Method

1. Prep your pan. Preheat the oven to 350 degrees F. Line an 8x8 inch square pan with parchment paper and spray with nonstick cooking spray. Set aside.
2. Prep the zucchini. First, measure out 1 cup of shredded zucchini, then place shredded zucchini in a paper towel or cheese cloth and squeeze out all of the moisture/water. This is very important!
3. Mix the wet ingredients. Add shredded zucchini, eggs, honey, lemon zest, lemon juice and almond extract to a large bowl and whisk together until well combined.

¼ teaspoon **salt**

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1 cup **fresh blueberries** (150g)  
heaping cup

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2 tablespoons **gluten free oat flour**

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½ cup **butter** (113g), at room  
temperature

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1 cup **powdered sugar** (113g)

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1 tablespoon **fresh lemon juice**

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1 teaspoon **lemon zest**

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**extra blueberries** for sprinkling on  
top

## Equipment

Oven



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Mixing Bowl

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Baking Sheet

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Chef's Knife

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Frying Pan

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Whisk

4. Add dry ingredients. Almond flour, oat flour, baking soda and salt. Mix together with a wooden spoon until well combined.
5. Add the blueberries. In a separate medium bowl, toss blueberries together with 2 tablespoons of oat flour. (This is to prevent the blueberries from sinking to the bottom of the cake while baking.) Fold coated blueberries into the batter.
6. Bake the cake. Pour batter into the prepared pan. Bake for 30-35 minutes or until a tester comes out clean. Allow the cake to cool completely on a wire rack before frosting. I know this is difficult but it's critical (otherwise the frosting will melt and become a gooey mess!)
7. Make the frosting. Beat together butter, powdered sugar, lemon juice and lemon zest together on high with a hand mixer or in the bowl of an electric mixer until smooth. Spread frosting over cooled cake. Garnish with a few blueberries. Cut into 9 slices and enjoy!

## Notes

- **Tip 1:** I do not recommend a substitution for almond flour, as that's the only 'fat' in this recipe and helps to keep the cake moist and retain its texture.
- **Tip 2:** If you're looking for an oat flour sub, I think regular flour or GF 1:1 flour would work well, but haven't tested it myself.

- **Tip 3:** Cake can be made a day ahead of time. After a day, the cake should be transferred and stored in the fridge.

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# Savory Broccoli-Cheddar Butter Beans for Cozy Dinners

Delight in creamy Broccoli-Cheddar Butter Beans, a comforting dish perfect for cozy dinners.

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Prep Time  
**10 mins**

Cook Time  
**20 mins**

Total Time  
**30 mins**

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Servings: 4 servings

Course: Dinner

Cuisine: American

Calories: 320



Ingredients



Equipment



Method



Nutrition



Notes

## Ingredients

### For the Base



1 tablespoon unsalted butter or olive oil for lighter option

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0.5 cups yellow onion finely chopped

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3 cloves garlic medium, freshly chopped

### For the Veggies

12 ounces fresh broccoli florets or frozen as an alternative

### For the Sauce

0.33 cups lower-sodium vegetable

## Method

### Cooking Instructions

1. Melt 1 tablespoon of unsalted butter in a large skillet over medium heat.
2. Add ½ cup of finely chopped yellow onion and 3 medium cloves of garlic. Cook until the onion is softened, about 2 minutes.
3. Add 12 ounces of broccoli florets and ⅓ cup of lower-sodium vegetable broth. Cover and cook for 3 to 4 minutes.
4. Stir in 15-ounce can of no-salt-added butter beans, ¾ cup of half-and-half, ½

broth homemade is ideal

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15 ounce can no-salt-added butter  
beans rinsed and drained

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0.75 cups half-and-half substitute  
whole milk if preferred

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0.5 teaspoon ground pepper adjust  
to taste

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0.5 teaspoon dry mustard Dijon can  
be a substitute

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0.5 teaspoon salt to taste

### For the Topping

0.75 cups shredded sharp Cheddar  
cheese or alternate cheese

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8 slices crusty whole-wheat  
baguette toasted

## Equipment

large skillet 

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Cutting Board

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Knife

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Measuring Cups

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measuring spoons

teaspoon ground pepper, ½ teaspoon  
dry mustard, and ½ teaspoon salt.

5. Simmer uncovered for about 2 minutes.
6. Cool for 2 minutes, then stir in ¾ cup of shredded sharp Cheddar until melted.
7. Serve with 8 toasted slices of crusty whole-wheat baguette.

## Nutrition

Serving: 1 serving 

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Calories: 320kcal

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Carbohydrates: 45g

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Protein: 12g

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Fat: 12g

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Saturated Fat: 7g

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Polyunsaturated Fat: 2g

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Monounsaturated Fat: 3g

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Cholesterol: 35mg

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Sodium: 300mg

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Potassium: 700mg

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Fiber: 8g

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Sugar: 3g

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Vitamin A: 600IU

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Vitamin C: 80mg

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Calcium: 250mg

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Iron: 3mg

## Notes

Garnish with fresh herbs if desired. Enjoy fresh for best flavor and texture.

**Tried this recipe?**

Let us know how it was!

YIELD: 4 SERVINGS

# Spring Farro Salad

This delightful spring farro salad is bursting with flavor. It's made with roasted spring vegetables and a mustardy dressing.

## PREP TIME

8 minutes

## COOK TIME

15 minutes

## ADDITIONAL TIME

3 minutes

## TOTAL TIME

26 minutes



## Ingredients

### Farro Ingredients

- 1 cup uncooked farro
- 2 cups vegetable stock
- 2 teaspoons kosher salt
- 2 bay leaves

### Salad Ingredients

- 1 bunch asparagus, woody ends removed, chopped into 2-inch pieces
- 1 bunch broccolini, chopped into 2-inch pieces
- 1 bunch red radishes, greens removed and halved
- 3 tablespoons olive oil, divided
- 2 teaspoons kosher salt, divided
- 1 lemon, halved
- 1 tablespoon stoneground mustard
- 1/4 cup chopped fresh dill

- 2 tablespoon chopped chives

## **Instructions**

### **Cooking the Farro**

1. Bring the vegetable stock, farro, kosher salt, and bay leaves to a boil over high heat in a medium saucepan. Reduce the heat and allow the farro to simmer for 30 minutes or until tender and no stock remains.
2. Remove the farro from the heat and allow it to cool before adding to a large bowl. Remove the bay leaves and discard.

### **Roasting the Vegetables & Assembling the Salad**

1. Preheat oven to 400 degrees F.
2. Toss the asparagus, broccolini, and radishes with 2 tablespoons of olive oil and 1 teaspoon of salt. Spread them in a single layer across one (or two if necessary) parchment-lined baking sheets. Nestle the lemon halves onto the baking sheet, cut side up.
3. Roast the vegetables in the oven for 15 minutes or until the radishes are fork tender and the broccolini is slightly charred.
4. Add the roasted vegetables to the bowl of farro.
5. Mix the remaining tablespoon of olive oil with the wholegrain mustard, the juice from the roasted lemon, the remaining teaspoon of kosher salt, and 1 tablespoon of water. Whisk to combine.
6. Drizzle the vegetables and farro with the dressing and top with the dill and chives. Toss lightly to combine and serve immediately or chill in the refrigerator.

## **Notes**

- This salad can be served warm or cold.
- This salad will save for three days in the refrigerator, but you may need to rehydrate the farro by tossing it with an additional tablespoon of olive oil or water.

**Nutrition Information:** YIELD: 4 SERVING SIZE: 1

*Amount Per Serving:* CALORIES: 216 TOTAL FAT: 11g SATURATED FAT: 2g  
TRANS FAT: 0g UNSATURATED FAT: 9g CHOLESTEROL: 0mg SODIUM: 2510mg  
CARBOHYDRATES: 26g FIBER: 7g SUGAR: 4g PROTEIN: 6g

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**CATEGORY:** Salads

<https://thishealthytable.com/blog/spring-farro-salad/>