

# COOKING FOR WELLNESS

JUNE 2026



CANCER SUPPORT  
**COMMUNITY**  
GREATER ANN ARBOR

## Savory rhubarb hand pie:

### Ingredients:

- 1 sheet puff pastry or pie dough
- 1/2 cup caramelized onion
- 1/2 cup chopped rhubarb
- 1/4 cup crumbled feta
- Egg wash for sealing

### Directions:

1. Mix onion, rhubarb, and feta.
2. [Cut dough](#) into circles or squares, fill with mixture.
3. Fold, seal, and crimp edges.
4. Bake at 375°F for 20–25 minutes until golden. Cool before serving.

# Strawberry Balsamic Pasta Salad



5 from 1 vote

*This Strawberry Balsamic Pasta Salad is fresh, flavorful, and perfect for spring and summer! Made with juicy strawberries, tender pasta, fresh basil, creamy mozzarella and crisp cucumbers all tossed in a lightly sweet balsamic dressing.*

Prep Time	Cook Time	Total Time
15 mins	10 mins	25 mins

Course: Salad    Cuisine: American    Keyword: Strawberry Balsamic Pasta Salad  
Servings: 8

## Ingredients

- 16 oz fusilli pasta
- 1/3 cup slivered almonds toasted
- 16 oz strawberries hulled and sliced
- 8 oz mozzarella pearls
- 1 shallot thinly sliced
- 3 mini cucumbers sliced into half-moons
- 2 cups baby arugula
- 1/2 cup fresh basil leaves torn

## For the Balsamic Dressing:

- 1/3 cup olive oil
- 3 Tbsp balsamic vinegar
- 2 Tbsp honey
- 2 tsp Dijon mustard
- 1/2 tsp each salt + pepper

## Instructions

- 1. Cook the pasta.** Bring a large pot of salted water to a boil. Cook the pasta according to the package directions until al dente. Drain and rinse under cold water to stop the cooking process and set aside to cool.
- 2. Toast the almonds.** In a small skillet over medium heat, toast the slivered almonds for 2 to 5 minutes, stirring occasionally, until lightly golden and fragrant. Remove from heat and let cool.
- 3. Make the dressing.** In a small bowl or jar with a tight fitted lid, whisk together the olive oil, balsamic vinegar, honey, Dijon mustard, salt and pepper until fully combined.
- 4. Assemble the salad.** In a large bowl, add the cooled pasta along with the strawberries, arugula, mozzarella pearls, sliced shallot, cucumbers, toasted almonds and fresh basil.
- 5. Toss and serve.** Drizzle the balsamic dressing over the salad and gently toss to combine. Taste and season with salt and pepper, as needed. Serve immediately or chill before serving.

## Nutrition

Serving: 1/8th of recipe | Calories: 274kcal | Carbohydrates: 26.3g | Protein: 9.5g | Fat: 17.1g | Saturated Fat: 4.6g | Cholesterol: 20mg | Sodium: 162.9mg | Fiber: 2.5g | Sugar: 9g

# Southwest Couscous Salad

author: **LIZ THOMSON** prep time: **10 MINUTES** cook time: **10 MINUTES** total time: **20 MINUTES** yield: **6**

Category: **SALAD** method: **STOVETOP**

cuisine: **AMERICAN** diet: **VEGETARIAN**



## Description

*This Southwest couscous salad is fresh, flavorful, and packed with colorful veggies tossed in a creamy lime dressing. It's the perfect easy side dish for summer cookouts, meal prep lunches, or a quick weeknight dinner!*

## Ingredients

### For the Salad

- 1 cup pearl couscous
- 2 tablespoon olive oil
- 15oz can corn (drained)
- 1 red bell pepper, diced
- 2 orange bell pepper, diced
- 1 cup diced red onion
- 3 jalapeño peppers, diced
- 1 cup chopped cilantro

### For the Dressing

- 1/4 cup mayonnaise
- 2 tablespoons plain Greek yogurt or sour cream
- 1 tablespoon lime juice
- 1/4 teaspoon chili powder

1/4 teaspoon smoked paprika

1/4 teaspoon garlic powder

1/4 teaspoon salt, or to taste

## Instructions

- 1 Cook the couscous according to package directions. Drain and set aside.
- 2 Heat olive oil in a skillet over medium-high heat. Add the corn and cook for 4–6 minutes until lightly charred. Let it cool slightly
- 3 In a small bowl, whisk together the Greek yogurt, mayonnaise, lime juice, chili powder, smoked paprika, garlic powder, and salt.
- 4 In a large bowl, combine the couscous, jalapeño, corn, bell peppers, red onion, and cilantro.
- 5 Pour the dressing over the salad and toss until evenly coated. Add additional lime juice or salt if needed. Garnish with extra cilantro. Serve chilled or at room temperature.

<b>Nutrition Facts</b>	
Serving Size 1 cup	
Serves 6	
<b>Amount Per Serving</b>	
<b>Calories</b>	245
<b>% Daily Value*</b>	
<b>Total Fat</b> 10.4g	<b>13%</b>
<b>Cholesterol</b> 4.6mg	<b>2%</b>
<b>Sodium</b> 171.9mg <b>Total</b>	<b>7%</b>
<b>Carbohydrate</b> 33.1g	<b>12%</b>
Dietary Fiber 4.1g	<b>14%</b>
Sugars 6g <b>Protein</b>	
6g	<b>12%</b>
Vitamin A	12%
Vitamin C	114%

Find it online: <https://iheartvegetables.com/southwest-couscous-salad/>