

COOKING FOR WELLNESS

May 2026



CANCER SUPPORT
COMMUNITY
GREATER ANN ARBOR

Green Goddess Pasta Salad



4 from 1 vote

Prep Time
10 mins

Cook Time
8 mins

Total Time
20 mins

Servings: 10

Course: Main Course, Side Dish



Ingredients



Equipment



Method

Ingredients

Green Goddess Dressing ^ ∨

1 cup fresh basil

½ cup parsley

½ cup cilantro

2 tbsp garlic, minced

¼ cup dairy free mayo or ½ large avocado (I use Primal Kitchen Foods avocado mayo, use an avocado for vegan)

¼ cup olive oil or avocado oil

1 lemon

4 green onions

Pasta Salad

Method

1. Cook pasta and peas according to instructions. When pasta is done, drain but don't rinse with water. Instead, stir in a little avocado/olive oil.
2. Combine dressing ingredients in a food processor or high power blender and blend until desired consistency is reached.
3. Once pasta and peas are cooled, combine all ingredients in a large bowl and mix. Then mix in the dressing to cover completely.

1 box bow tie pasta (I use Jovial Foods brown rice pasta)

1 cup shredded carrots

1 cup peas

1 cup chickpeas

1 cup arugula, packed

1 cup cucumber slices

1 cup cherry tomatoes, halved

1 cup pine nuts

salt, to taste

fresh basil & cracked black pepper to top

Equipment

Food Processor or High Powder Blender ^ ∨

Lemon Asparagus Pasta



4.97 from 413 votes

Bursting with zippy and bright spring flavors, this lemon asparagus pasta features crisp-tender asparagus, fresh herbs, and a citrusy olive oil sauce that's naturally creamy (without any cream or flour). Perfect for a weeknight spring dinner or date night!

Prep Time 25 mins	Cook Time 20 mins	Total Time 45 mins
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Course: [Dinner](#), [Lunch](#) Cuisine: Italian-Inspired Diet: [Vegan](#) Servings: 4 Author: [Nisha Vora](#)

Equipment

- Tongs

Ingredients

- 10 ounces (285g) of **spaghetti, bucatini, linguine, or fettuccine** (*see Note 1*)
- 2 medium-large **lemons** (*see Note 2*)
- 6 1/2 tablespoons **extra virgin olive oil**, divided
- **Kosher salt** and freshly cracked **black pepper**
- 1/2 teaspoon **Dijon mustard**
- 2 medium **shallots**, thinly sliced
- 4 **garlic** cloves, thinly sliced
- 1/4 teaspoon **red pepper flakes** (optional)
- 1 bunch of **asparagus** (about 14 ounces), sliced thinly on a bias into 1-inch (2.5 cm) pieces
- 1/2 cup (60g) **toasted walnuts**, finely crushed (*see Note 3*)
- 3 tablespoons **nutritional yeast**
- 1/2 cup (8g) Italian flat-leaf **parsley**, (leaves and tender stems), chopped
- 1/2 cup (8g) fresh **basil leaves**, slivered
- 2 tablespoons **capers**, drained (optional)
- 1/4 cup (30g) **Castelvetro olives**, sliced in half (7 to 9 olives) (*optional, see Note 4*)
- 1 (15-ounce/425g) can of **navy beans** or other white beans rinsed and drained (optional, for a main meal)

Instructions

1. Bring a large pot of water to a boil for the pasta.

Tip: Don't use too much water, otherwise the pasta water won't be very starchy. I recommend about **9 cups (~2.1 L) of water** for 10 ounces of pasta. Once the water is nearly boiling, add a generous amount of salt (~1 TBSP kosher salt).

Add the pasta and cook according to the package directions, stirring occasionally, **until just al dente**. Drain the pasta, **reserving 1 cup (240 mL) of the pasta water**.

2. **Zest the lemons** and divide the zest into two piles. Set aside.
3. **Meanwhile, make the Lemon Sauce.** In a mason jar, combine **5 tablespoons (75 mL) of the lemon juice, 5 tablespoons (70g) of the extra virgin olive oil, 1/2 teaspoon Dijon mustard, 1**

teaspoon kosher salt, and **black pepper** to taste. Shake until emulsified.

No jar? Just whisk all the ingredients in a bowl until emulsified.

4. **Cook the asparagus.** Meanwhile, heat **1 ½ tablespoons olive oil** in a 12-inch sauté pan or Dutch oven over medium heat. Once warmed, add the **shallots** and **garlic**. Cook for 2 to 3 minutes, until the garlic is just golden, stirring frequently to prevent burning. Add the **red pepper flakes** (if using) and cook for 30 seconds.

Add the **asparagus** and **one half of the lemon zest**. Season with a few pinches of **salt and pepper**. Cook for 3 minutes until the asparagus is crisp-tender. Remove from heat and set the pan aside until the pasta is done.

5. Add the **hot cooked pasta** and the **Lemon Sauce** to the asparagus mixture, along with the **crushed walnuts** and **nutritional yeast**. Add **½ cup (120 mL) of pasta water**.

Return the pan to medium-high heat. Use tongs to vigorously toss everything together, shaking the pan as you go, adding more pasta water as needed, until the sauce is emulsified and clings to the pasta.

6. Add the remaining half of the **lemon zest, basil, parsley**, and the **capers, olives, and white beans**, if using. Toss again and briefly cook for 30 to 60 seconds.

Sprinkle with a pinch or two of salt and pepper and finish with a nice drizzle of olive oil. Serve immediately.

Notes

This recipe is inspired by [Spaghetti al Limone with Asparagus from Bon Appétit](#).

1. You can use up to 12 ounces (340g) of pasta but it's sauciest with 10 ounces (285g).
2. The lemons should feel heavy for their weight. If you can't find lemons that are medium-large, buy an extra third lemon to ensure you get enough zest and juice.
3. **To toast raw walnuts**, add to a dry skillet over medium heat and cook, stirring occasionally, until a bit browned and fragrant, 4 to 5 minutes. Or roast a large batch on a sheet pan in the oven at 350°F/175°C for 8 to 10 minutes, tossing halfway. You can also use raw walnuts, but you'll get more flavor from toasted. **To crush walnuts**, the quickest way is to add to a spice grinder and pulse several times. Otherwise, very finely mince with a knife.
4. If your olives are already pitted, slice them in half. If they have the pits inside, [here's how to remove the pits](#).

Pumpkin Seed Chocolate Bites

These pumpkin seed chocolate bites make a great snack or healthier dessert. Made with only 4 ingredients and so simple to put together. A great one to make in advance to nibble on in between meals, or to take on the go with you when out and about. They taste amazing and have the most beautiful crunch!

★★★★★ 5 from 1 vote



PREP TIME

10 mins

COOK TIME

15 mins



COURSE

Dessert, Snack



SERVINGS

10

CALORIES

153 kcal

INGREDIENTS

- 200 g pumpkin seeds
- Pinch of salt
- 2 tbsp maple syrup
- 50 g dark chocolate melted

INSTRUCTIONS

1. Preheat oven to 180C/160C fan/350F.
2. Add the pumpkin seeds, maple syrup and a pinch of salt to to a bowl. Mix to coat all the seeds evenly.
3. Option 1 - Place a lightly oiled round cookie cutter on a baking sheet lined with parchment paper. Spoon a couple of teaspoons of the mixture into the cutter and press down. Gently remove the cutter and repeat.
4. Option 2 - If you don't have a cookie cutter, simply spoon some of the mixture straight onto the lined baking sheet to make clusters instead.
5. Bake for 15-20 minutes. Leave to cool completely to set.
6. Once cooled you can dip them or coat them in chocolate. Or a mixture of both!
7. Refrigerate until the chocolate is set and enjoy!

NOTES

If the rounds lose their shape once out of the oven, you can place a larger cookie cutter over them and gently swirl in a circular motion to nudge the edges inward. Or simply tidy with a spoon while they're still warm/before the maple syrup cools down and hardens.

I used a medium round cookie cutter to shape them and ended up with 10 bites. You can use any size cookie cutter depending on how many you want/how big you would like them to be. Just bear in mind that the nutritional breakdown is based on 10 servings.

NUTRITION

Calories: 153kcal

Carbohydrates: 7g

Protein: 6g

Fat: 12g

Saturated Fat: 3g

Polyunsaturated Fat: 4g

Monounsaturated Fat: 4g

Trans Fat: 0.01g

Cholesterol: 0.1mg

Sodium: 3mg

Potassium: 207mg

Fiber: 2g

Sugar: 4g

Vitamin A: 5IU

Vitamin C: 0.4mg

Calcium: 17mg

Iron: 2mg



KEYWORD

4-ingredient, easy snack, healthy dessert, pumpkin seeds, seeds

Tried this recipe?

Let us know how it was!