

COOKING FOR WELLNESS

JULY 2026



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GREATER ANN ARBOR

Chickpea, Beet & Cucumber Salad

In this colorful salad, earthy beets and hearty chickpeas are tossed with crisp cucumber, tender greens and nutty farro for a vibrant mix of texture and flavor in every bite. Enjoy it as a light vegetarian lunch or serve alongside grilled chicken or fish for an easy, make-ahead side.

By **Carolyn Casner** | Published on March 31, 2026

 Reviewed by Dietitian **Emily Lachtrupp, M.S., RD**

Active Time: 20 mins

Total Time: 20 mins

Servings: 6

Nutrition Profile:

Brain-Healthy No Added Sugar Gut Healthy Anti-Inflammatory Mediterranean Diet
Sesame-Free Weight Loss Diabetes-Friendly Nut-Free Dairy-Free Healthy Pregnancy
Healthy Immunity Low-Sodium Soy-Free High-Fiber Heart-Healthy Vegan
Vegetarian Egg-Free Low-Calorie

Ingredients

- ¼ cup finely chopped shallot
- 3 tablespoons extra-virgin olive oil
- 3 tablespoons cider vinegar
- 1 medium clove garlic, grated
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 2 cups diced cooked beets
- 1 (15-ounce) can no-salt-added chickpeas, rinsed
- 1½ cups coarsely chopped baby kale *or* arugula
- 1 cup diced cucumber
- ¾ cup cooked farro
- ⅓ cup chopped fresh dill

Directions

Step 1

Whisk $\frac{1}{4}$ cup shallot, 3 tablespoons oil, 3 tablespoons vinegar, the grated garlic, $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper together in a large bowl. Add 2 cups beets, the rinsed chickpeas, $1\frac{1}{2}$ cups kale (or arugula), 1 cup cucumber, $\frac{3}{4}$ cup farro and $\frac{1}{3}$ cup dill; toss to coat.

To make ahead

Refrigerate in an airtight container for up to 3 days. Stir well before serving.

Nutrition Facts

Per serving: **Serving Size 1 cup** 214 calories; total carbohydrate 30g; dietary fiber 7g; total sugars 9g; added sugars 0g; protein 7g; total fat 8g; saturated fat 1g; cholesterol 0mg; vitamin a 226mcg; vitamin c 18mg; vitamin d 0mcg; vitamin e 2mg; folate 126mcg; vitamin k 274mcg; sodium 234mg; calcium 66mg; iron 3mg; magnesium 61mg; potassium 485mg; zinc 1mg; vitamin b12 0mcg; omega 3 0g

Raspberry Lemon Cottage Cheese Chocolate Clusters



These clusters are made with zesty lemon, sweet raspberries, and rich dark chocolate. These delicious treats are the perfect gluten-free option to satisfy your sweet cravings.

Prep Time	Cook Time	Freezing time	Total Time
15 mins	1 min	3 hrs 15 mins	3 hrs 16 mins

Course: Dessert, Snacks Cuisine: American

Keyword: raspberry lemon cottage cheese chocolate clusters Servings: 20 clusters

Ingredients

- 1 cup raspberries
- 1 cup cottage cheese 4% blended until smooth
- 1 tbsp honey
- Zest of 1 lemon

Chocolate Coating

- 1 1/2 cups dark chocolate chips
- 1 tbsp coconut oil

Instructions

1. In a large bowl, combine the raspberries, blended cottage cheese, honey, and lemon zest.
2. Gently mash the raspberries into the mixture and stir until well combined.
3. Line a tray or baking sheet with parchment paper. Scoop about 1 to 1.5 tbsp of the mixture onto the tray, shaping into small clusters.
4. Place the tray in the freezer for 2–3 hours, or until the clusters are firm and set.
5. Add the chocolate chips and coconut oil to a microwave-safe bowl. Heat in 30-second intervals, stirring between each, until the chocolate is fully melted and smooth.
6. Remove the clusters from the freezer and dip each one into the melted chocolate using a fork, letting any excess drip off. Place them back onto the parchment paper.
7. Let the chocolate set for 10–15 minutes in the fridge before serving. Store in a food container in the fridge.

Nutrition

Serving: 1 cluster (1 oz) | Calories: 95kcal | Carbohydrates: 9.1g | Protein: 1.6g | Fat: 6.8g | Saturated Fat: 4.2g | Cholesterol: 1mg | Sodium: 18mg | Potassium: 90mg | Fiber: 1.4g | Sugar: 7.3g | Vitamin A: 30IU | Vitamin C: 2.8mg | Calcium: 22mg | Iron: 0.7mg

Balsamic Strawberry Flatbread

Catherine

This irresistibly delicious Balsamic Strawberry Flatbread is made with a Greek yogurt crust and topped with fresh strawberries, feta and a balsamic glaze!

★★★★★ 5 from 2 votes

					
PREP TIME		COOK TIME		TOTAL TIME	
15 mins		15 mins		30 mins	
					
COURSE		CUISINE		SERVINGS	
Appetizers, Healthy Snacks		American		4 servings	
				CALORIES	
				303 kcal	

INGREDIENTS

For the Greek yogurt flatbread crust

- 1 1/4 cup flour + more to roll out
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup Greek yogurt

For the Toppings

- 1/2 cup mozzarella cheese
- 1 1/4 cup strawberries sliced
- salt and pepper
- 1/2 cup feta cheese crumbled
- 8 basil leaves julienned
- 1/4 cup balsamic glaze

INSTRUCTIONS

1. Preheat oven to 425F and line a baking sheet with parchment paper.
2. To make the flatbread crust, mix all of the dry ingredients in a bowl. Add the yogurt and use a wooden spoon to mix well. The dough will be shaggy and sticky. Transfer to a well floured surface

and sprinkle with some flour. Fold the dough in on itself a few times and then form into a ball. Place the ball onto the parchment paper lined baking sheet and pressing down with your hands, shape it into a rectangle about 1/4" thick.

3. Sprinkle mozzarella over the flatbread and spread it out, leaving a border around the flatbread. Season it with salt and pepper.
4. Sprinkle the strawberries and feta cheese over top. Bake in the oven for 15-20 minutes or until the crust is a nice golden brown.
5. Sprinkle the flatbread with the basil and drizzle with balsamic glaze.

Note: Metric ingredient measurements are provided as a courtesy using a third-party calculator and are rounded to the nearest unit. The recipes provided on this site have not been tested with metric measurements and their accuracy cannot be verified.

NUTRITION

Calories: 303kcal	Carbohydrates: 44g	Protein: 15g
Fat: 8g	Saturated Fat: 5g	Polyunsaturated Fat: 1g
Monounsaturated Fat: 2g	Trans Fat: 1g	Cholesterol: 30mg
Sodium: 903mg	Potassium: 206mg	Fiber: 2g
Sugar: 8g	Vitamin A: 223IU	Vitamin C: 27mg
Calcium: 321mg	Iron: 2mg	

The nutritional information provided is based on third-party calculations and is an estimate only. Accurate nutritional facts will vary based on the particular brands used, portion sizes, measurement accuracy and more.



KEYWORD

balsamic glaze, flat bread, flatbread, pizza, strawberries

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