

COOKING FOR WELLNESS

October 2026



CANCER SUPPORT
COMMUNITY
GREATER ANN ARBOR

CREAMY BUTTERNUT SQUASH LASAGNA SOUP

This creamy butternut squash lasagna soup is a cozy vegetarian dinner made with tender lasagna noodles, kale, and a herby ricotta swirl. One pot, ready in under an hour.

PREP: 20MINUTES COOK: 30MINUTES TOTAL: 50MINUTES SERVING: 5

Ingredients

Butternut Squash Lasagna Soup

- 2 Tbsp olive oil
- 1 medium yellow onion, diced
- 3 cloves garlic, minced
- 1½ Tbsp tomato paste
- 4 cups (600g) butternut squash, peeled and cubed
- 4 cups (960 ml) vegetable broth (or chicken broth)
- 1 cup (240 ml) warm water (not cold, to keep the soup creamy)
- ¾ tsp kosher salt, divided, plus more to taste
- ½ tsp ground black pepper, plus more to taste
- ½ tsp dried thyme or oregano
- ½ tsp smoked paprika
- ¾ cup (170g) heavy cream
- 6–7 lasagna noodles, broken into large pieces
- 2 cups kale, ribs removed and thinly sliced (lacinato or curly)
- ½ cup (70g) freshly grated parmesan cheese (packed; freshly grated is best)

Ricotta Basil Swirl

- ¾ cup (180g) whole-milk ricotta
- 1 Tbsp olive oil
- Zest of 1/2 lemon
- Pinch of kosher salt
- 2 Tbsp roughly chopped fresh basil, plus more for garnish

Optional Garnishes (Highly Recommended)

- Fresh basil
- Olive oil drizzle
- Red chili pepper flakes
- Freshly ground black pepper

Instructions

1. Heat olive oil in a large pot over medium heat.
2. Add onion and cook 4–5 minutes until soft.
3. Add garlic and tomato paste; cook 30 seconds.
4. Stir in squash, broth, warm water, thyme, smoked paprika, black pepper, and ½ tsp salt.
5. Simmer covered 12–15 minutes until squash is tender.
6. Blend half the soup using an immersion blender. If you only have a stand alone blender you can blend half the soup in that till smooth and add it back to the pot.
7. Stir in heavy cream.
8. Add lasagna noodles; simmer uncovered 10–12 minutes until al dente.
9. While the lasagna noodles are cooking in a separate small bowl mix the ingredients from the ricotta basil swirl and set aside.
10. Stir in kale and cook 2–3 minutes.
11. Turn heat off and add parmesan and remaining salt to taste.
12. Serve soup with ricotta swirl and garnishes.

Storage & Reheating Tips

Storage:

- Store in an airtight container in the refrigerator for up to 4 days.
- Store ricotta swirl separately for best texture.

Reheating:

- Reheat gently on the stovetop or in the microwave.
- Add a splash of broth or water to loosen, as the soup thickens as it sits.
- Stir well before serving.

Brussels Sprouts with White Balsamic-Pear Chutney

Brussels Sprouts with White Balsamic-Pear Chutney is a 30 minute side dish made with minimal ingredients. Enjoy this gluten-free, plant-based recipe with your protein of choice for easy weeknight dinners.



★★★★★
5 from 5 votes

Prep Time
10 mins

Cook Time
20 mins

Total Time
30 mins

Course: Side Dish Cuisine: American Servings: 6 Author: [Jamie Vespa MS, RD](#)

Ingredients

- 4 Tbsp. extra-virgin olive oil divided
- 1/3 cup finely chopped shallots
- 1 small pear cored and finely chopped (I like D'Anjou)
- 1 Tbsp. maple syrup
- 3/4 tsp. kosher salt divided
- 3 Tbsp. white balsamic vinegar
- 2 tsp. finely chopped fresh rosemary
- 1 lb. Brussels sprouts trimmed and halved

Instructions

1. Heat 2 Tbsp. of the oil in a large skillet over medium heat. Add shallots; cook 3 minutes. Add pear, maple syrup, and 1/4 tsp of the salt; cook 3 minutes. Stir in balsamic and cook 8 to 10 minutes, until pears are softened and mixture is golden. Stir in rosemary and transfer to a bowl.
2. Add remaining 2 Tbsp. oil to pan. Arrange Brussels, cut side-down, and cook, undisturbed, for 4 minutes, until golden-brown. Toss and continue to cook, stirring occasionally, until Brussels are crisp-tender, about 5 to 7 more minutes. Season with remaining 1/2 tsp. salt.
3. Add chutney back to pan and toss with sprouts. Transfer a serving platter or bowl.

Gluten Free Pumpkin Chickpea Blondies

Maggie Michalczyk, RDN

If you're weary about putting chickpeas in a dessert, these delicious gluten free pumpkin chickpea blondies will completely change your mind! Made with ingredients you probably have in your pantry right now, they're a healthy way to get your pumpkin fix!

★★★★★ 5 from 2 votes



PREP TIME

5 mins

COOK TIME

27 mins



SERVINGS

9 bars (12 if you cut them in smaller pieces!)

INGREDIENTS

- 1 can 15 ounces chickpeas, rinsed and drained
- 1/2 cup unsweetened creamy peanut butter
- 1/3 cup maple syrup
- 1/3 cup pumpkin puree
- 2 tsp. vanilla extract
- 1 tsp. pumpkin pie spice
- 1/2 tsp. salt
- 1/4 tsp. baking powder
- 1/4 tsp. baking soda
- 1 tbsp. coconut oil for coating the pan
- 1/3 cup dairy free or regular milk or dark chocolate chips plus 2 tbsp. for sprinkling on top optional
- Coarse sea salt for sprinkling on top once baked

INSTRUCTIONS

1. Preheat oven to 350 degrees F and spray 8×8 inch pan with cooking spray and line it with parchment paper on top.

2. In a food processor, add all ingredients except chocolate chips* and process until batter is smooth.
3. Fold in chocolate chips.
4. Spread batter evenly in prepared pan then sprinkle 2 tablespoons of chocolate chips on top.
5. Bake for 27 minutes or until the center is set.
6. Let cool in the pan, sprinkle with sea salt and cut into squares.
7. Store covered in the fridge for 3-4 days.

NOTES

**You could stop at this point and would have some very delicious pumpkin cookie dough that is totally safe to eat!



KEYWORD

chickpeas, dairy free, gluten free, low sugar, pumpkin