

Living Well Cancer Resource Center: Being Well

January 2020

Topic: DIY Spa Day

Mango, Strawberry & Avocado Arugula Salad

Israeli Couscous & Fruit with Lemon-Mint Yogurt

Strawberry Cucumber Salad with Feta & Mint

Spa Party Appetizer

Apricot-Almond Granola

Kite at Mushroom Lentil Soup

Goat Cheese Basil Frittata

Avocado Cucumber Gazpacho

Mango, Strawberry, and Avocado Arugula Salad

Ingredients:

For the salad:

6 cups arugula

1 large ripe mango peeled, pitted & sliced

1 cup sliced strawberries

1 large avocado peeled, pitted & sliced

Half a small red onion, thinly sliced

For the Cilantro Lime Dressing:

¼ cup olive oil

¼ cup fresh lime juice about 2 limes

2 Tbsp. Chopped cilantro

1 clove garlic minced

1 tsp. Honey

1/8 tsp. Chili powder

1/8 tsp. Ground cumin

pepper to taste

Directions:

Place arugula in a salad bowl or on individual salad plates. Top with mango, strawberries, avocado & red onion.

In a medium bowl, whisk together olive oil, lime juice. Cilantro, garlic, honey, chili powder and cumin. Season with black pepper.

Drizzled salad with cilantro lime dressing & serve immediately.

Serves: 4

1 serving: 1 ½ cups

Calories: 179, CHO: 25 g, Protein: 1 g, Fat: 9g, Sodium: 110 mg, Fiber: 2 g

Goat Cheese Basil Frittata

Ingredients:

8 whole eggs-large
¼ cup goat cheese, crumbled
1 cup bell pepper-diced or use mushrooms if you prefer
1 tsp paprika
1 Tbsp. Olive oil
1 cup fresh basil-julienned, reserved a bit for garnish
1 handful Italian parsley-chopped, reserve for garnish
4 cups fresh sorrel greens-or tender greens of choice
2 Tbsp. Olive oil
Pepper to taste

Directions:

In a large bowl, whisk eggs with goat cheese, peppers, basil, parsley, paprika & pepper.

Preheat large sauté pan to low heat, for about 10 minutes, until eggs settle.

Cover the pan and cook for an additional 5 minutes to ensure the top of the eggs are cooked through. Alternatively, leave off the lid and pop the entire oven-safe skillet under a broiler, and watch very carefully as you briefly broil the top of the frittata.

Remove from heat or broiler & allow the frittata to rest for about 5-10 minutes.

During this time the eggs will continue to settle which helps to create a firm and sliceable texture.

In a bowl, massage sorrel with olive oil. Cut the frittata into 4 wedges, and serve each wedge with the dressed greens with basil and parsley on top.

Serves: 4

Calories: 290, CHO: 6 g, Protein: 15 g, Fat: 24 g, Sodium: 430 mg, Fiber: 1 g