

Living Well Cancer Resource Center: Culinary Comfort Class

April 2020

Inflammation

Menu

Asian Chopped Salad with Sesame Vinaigrette

Dijon Crusted Halibut

Kitchen Sink Fried Rice

Lemon Curried Vegetables

Dark Chocolate Cake in a Cup with Fresh Berries

Cucumber & Blueberry Sparkler

Asian Chopped Salad with Sesame Vinaigrette

Ingredients:

1 head romaine
1 ½ cups purple cabbage
1 ½ cups snow peas
3-4 green onions
1 cup shredded carrot
1 red bell pepper
½ cup chopped cilantro
Sliced or slivered almonds- optional
¼ cup rice wine vinegar
2 tbsp sesame oil
1 tbsp low sodium soy sauce
1 tbsp maple syrup
1 ½ tbsp sesame seeds

Directions:

Chop romaine and cabbage, place in a large bowl.
Slice snow peas and green onions. Dice bell pepper, slice carrots, and roughly chop cilantro. Add to bowl.

Make the dressing, in a small bowl whisk together rice vinegar, sesame oil, soy sauce, maple syrup and sesame seeds.

Pour dressing over salad, and toss to combine.

Makes 6 servings (side dish side)

Calories 109, Fat 6g (saturated fat 1g), Sodium 200 mg, CHO 10g, Fiber 2g, Protein 2g

Dijon-Crusted Halibut and Roasted Asparagus

Ingredients:

2 slices French bread
1 tbsp snipped fresh parsley
1 tbsp Olive oil
¼ cup Dijon mustard
1 garlic clove, pressed
¼ tsp ground black pepper
4 boneless skinless halibut fillets
1 lb. asparagus spears

Directions:

Preheat oven to 450. Chop bread into cubes, snip parsley. Combine bread crumbs and 1 tbsp of the oil.

Whisk mustard, pressed garlic, black pepper and 1 tsp oil in mixing bowl. Place halibut on large pan, spread 1 tbsp of the mustard evenly on each fillet. Press bread crumbs onto mustard mixture.

Trim asparagus. Cut asparagus in half crosswise and brush with additional oil; season with black pepper. Arrange asparagus next to halibut in a single layer on the pan. Bake 11-13 minutes or until halibut flakes easily with a fork and crust is golden brown.

Makes 4 servings

Calories 270, Fat 12g (saturated fat 1g), CHO 14g, Sodium 890mg, Fiber 3G, Protein 28g

Kitchen Sink Fried Rice

Ingredients:

3 tablespoons unsalted butter
2 large eggs, beaten
1 garlic clove
1 teaspoon fresh ginger, minced
¼ cup finely diced carrot
¼ cup finely diced zucchini
¼ cup finely diced red pepper
3 cups cooked brown rice
2 tablespoons rice wine
2 tablespoons soy sauce, low sodium
¼ cup fresh or frozen peas
2 small scallions, finely chopped
2 teaspoons sesame oil
1 teaspoon white sesame seeds, toasted

Directions:

In a nonstick pan, melt 1 tablespoon of the butter over medium heat. Pour the beaten eggs into the pan to form a thin, crepe-like layer. Cook until almost cooked through 3-4 minutes. Flip the egg over to cook the other side for a minute. Transfer the egg to a cutting board and cut into thin strips.

Melt 1 tablespoon of the remaining butter into a skillet or wok, over medium-high heat. Add garlic and ginger and cook stirring until fragrant. Add onion, carrot, zucchini, and bell pepper and cook until softened. Deglaze the pan with the rice wine. Cook until wine is evaporated on low heat.

Add soy sauce and stir in the peas, cook until all the liquid has evaporated. Add the egg strips and half the scallions. Stir to heat the eggs and scallions through. Remove from the heat and stir in sesame oil.

Makes 4 servings

Calories 360, Fat: 15g (saturated fat 7g), Sodium 640mg, CHO 46g, Fiber 1g, Protein 10g

Lemon Curried Vegetables

Ingredients:

1 red pepper, cut into 1 inch chunks
2 zucchini, sliced into 1/3 inch thick rounds
2 yellow squash, sliced into 1/3 inch thick rounds
16 small mushrooms, cleaned
8 small onions

Curry Marinade:

3 tbsp Olive oil
1 onion
2 cloves garlic
½ tsp minced fresh ginger
½ tsp turmeric
½ tsp chili powder
½ ground cumin
½ tsp black pepper
¼ tsp dry mustard
Juice of 1 lemon
1 tbsp tomato paste
8 tbsp plain yogurt

Directions:

For the marinade heat oil and sauté the onion, garlic, ginger, turmeric, and chili powder, cumin, pepper and dry mustard for 3-4 minutes on medium low heat. Remove from heat and stir in the lemon juice, tomato paste and yogurt. Stir the vegetables into the cooled curry mixture and marinate for 4 hours. Arrange the vegetables on skewers. Grill the kabobs over medium high heat for 10-12 minutes.

Makes 4-6 servings

Calories 244, Fat 11g (saturated fat 2g), Sodium 85mg, fiber 7g, protein 9g, CHO: 29 g

Chocolate Cake in a Cup

Ingredients:

6 tablespoons of milk, low fat
1 tablespoon of olive oil
2 tablespoons of semisweet dark chocolate chips
1 tablespoon of unsweetened cocoa powder
5 tablespoons of all-purpose flour
1 tablespoon of sugar
¼ teaspoon of baking soda
1 teaspoon of vanilla extract

Directions:

In a cup, mug or mason jar, combine the milk, olive oil, and chocolate chips. Add the cocoa powder, flour, sugar, baking soda, and vanilla. Blend well with a fork, until the batter no longer has lumps. Cook the cake in the microwave for 90 seconds. Let cool for 5 minutes to allow the cake to finish cooking.

Makes 1 serving

**Calories 340, Fat 16 g (saturated fat 10g), Sodium 210 mg, CHO 41 g, Protein 9g,,
Fiber 1g**