Living Well Cancer Center: Culinary Comfort Class

February 2020

Topic: Finding Healthful Recipes

Menu

Rainbow Chopped Salad with Avocado Basil Dressing
Baked Salmon with Honey Mustard Sauce
Creamy Polenta
Honey Sriracha Roasted Brussel Sprouts
Dark Chocolate Avocado Mousse
Pomegranate Sparkler
Rainbow Chopped Salad with Avocado Basil Dressing

Ingredients:

**Salad**
- 1 large head romaine
- ½ small head red cabbage
- 8 oz. cherry tomatoes
- 1 cucumber
- 2 carrots
- 1 yellow bell pepper
- Optional: garbanzo beans, black beans, corn, sprouts, fresh herbs

**Dressing**
- 1 avocado
- Juice from 1 lemon
- ¾ cup lightly packed fresh basil
- 1-2 garlic cloves
- 1 tsp honey/agave
- ½ cup olive oil
- ½ cup water
- 2 tbsp white wine vinegar

Directions:

For the dressing, place all ingredients in a blender and blend until smooth. Taste and just flavors if needed. Place in refrigerator.

Chop all vegetables and place in a large bowl. Toss to combine. Toss with dressing and serve.

Makes: 4 servings

Calories: 80, Fat: 6 g (Sat. Fat: 0.5 g), Sodium: 70 mg, CHO: 8 g, Fiber: 3 g, Protein: 2 g
Baked Salmon with Honey Mustard Sauce

Ingredients:

6-7 salmon fillets, skin on
½ cup low fat mayonnaise
¼ cup Dijon mustard
¼ cup honey
2 tbsp finely chopped chives
Freshly ground white pepper
Turmeric to taste

Directions:

Preheat oven to 375 degrees F. Line a large baking sheet and lay the salmon, skin side down, on top. Set aside.

Combine mayonnaise, mustard, honey, and chives in a medium bowl and stir. Reserve half of the sauce. Spoon the remaining sauce over the fish, spreading it evenly all over the top and sides of each fillet. Sprinkle with pepper & turmeric. Roast about 7 minutes. Increase the oven to broil. Broil the fish for 6-7 minutes, but keep your eye on it to avoid overlooking. Garnish with chives and serve with reserved sauce.

Makes: 4 servings

Calories: 200, Fat: 12 g (Sat. Fat: 2 g), Sodium: 150 mg, CHO: 5 g, Fiber: 0 g, Protein: 20 g
Creamy Polenta

Ingredients:

- 2 cups water
- ¼ cup heavy cream
- ½ cup polenta
- ¼ cup butter
- ½ cup grated Parmesan cheese

Directions:

Bring water & heavy cream to a boil in a large saucepan. Gradually add polenta; whisk constantly until mixture is smooth and begins to thicken. Reduce heat to medium-low and cook until tender creamy, stirring often, about 30 minutes. Stir in butter and Parmesan cheese. Season with pepper. Salt to taste, optional.

Makes: 4 servings

Calories: 220, Fat: 20 g (Sat. Fat: 12 g), Sodium: 100 mg, CHO: 8 g, Fiber: 0 g, Protein: 4 g
Honey Sriracha Roasted Brussel Sprouts

Ingredients:

1 ½ lbs Brussel sprouts
2 tbsp Olive oil
1 tbsp Sriracha
3 tbsp honey
1 lime, juiced

Directions:

Preheat oven to 400 degrees.
Cut off stem end of sprouts. Cut large sprouts in half.
Place sprouts in a large bowl, drizzle with olive oil. Toss to coat.
Place in a single layer on a baking sheet. Roast for 35-40 minutes, shaking pan a few times. Cook until crisp and golden brown.
Combine Sriracha, honey, and lime in a small bowl.
Remove sprouts from oven, transfer to a large bowl, and drizzle with sauce. Toss to coat and serve.

Makes: 4 servings

Calories: 180, Fat: 8 g (Sat. Fat: 1 g), Sodium: 140 mg, CHO: 28 g, Fiber: 5 g, Protein: 5 g
Dark Chocolate Avocado Mousse

Ingredients:

1 bag (12 oz) dark chocolate chips
6-8 avocados, ripe
1 tsp vanilla extract
½ tsp cinnamon
Fresh berries (blueberries, raspberries, & strawberries) about ¼ cup per serving
Siggi's plain yogurt, 8 oz

Directions:

Using a double boiler, melt the chelate chips and stir until smooth.
In a large bowl, mash the avocados.

Add the melted chocolate to the avocados.

Using a hand mixer or immersion blender, blend together the avocado/chocolate until smooth. Add the vanilla & cinnamon and blend.

Refrigerate for an hour before serving.

To serve, add 1/3 cup of the chocolate mixture, ¼ cup berries and 1 tbsp yogurt.

Makes: 6-10 servings

Calories: 560, Fat: 40 g (Sat. Fat: 14 g), Sodium: 10 mg, CHO: 48 g, Fiber: 18 g, Protein: 8 g