

**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  
¼ cup olive oil  
¼ 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 chocolate 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**