

**Living Well Cancer Resource Center: Culinary Comfort Class  
January 2020**

**Topic: An Overview: Medical Marijuana & CBD OIL**

**Menu**

**Roasted Beet & Carrot Salad with Aged Gouda**

**Jerk Pork Tenderloin with Mango Salad**

**Roasted Rosemary Fingerling Potatoes**

**Savory Green Beans**

**Baked Pears with Currants & Cinnamon**

**Hot Apple Cider**

## Roasted Beet and Carrot Salad with Aged Gouda

### Ingredients:

#### Salad

¾ lb. peeled carrots, cut into ¾ inch chunks  
½ lb. golden beets, trimmed and cut into ¾ inch wedges  
2 Tbs. extra-virgin olive oil  
½ lb. red beets, trimmed and cut into ¾ inch wedges  
2 lightly packed cups of baby arugula  
2 tightly packed cups torn radicchio (bite size pieces)  
1/3 to 2/3 cup diced aged Gouda  
¼ cup toasted sunflower seeds or walnuts

#### Vinaigrette

1/8 cup olive oil  
1/3 cup thinly sliced scallions  
½ to 1 ½ tsp chopped fresh ginger  
¼ cup rice vinegar & 2 Tbsp. OJ  
1 tbsp honey  
1 tbsp fresh lemon juice  
1-2 tsp Dijon mustard  
½-1 tsp finely grated lemon zest  
1-2 tsp finely chopped fresh mint  
Freshly ground black pepper

### Directions:

Preheat the oven to 450 degrees F.

In a large bowl, toss the carrots and golden beets with 1 Tbs. olive oil. Transfer to a baking sheet. In another large bowl, toss the red beets with 1 Tbs. olive oil. Transfer to another baking sheet

Roast the vegetables, flipping with a spatula halfway through for 20-25 minutes. Transfer to a large bowl once cooled.

For the vinaigrette, heat the oil in an 8-inch skillet over medium heat. Add scallions and stir until softened and lightly browned.

Add the ginger, stirring until softened. Remove from heat and let cool.

In a bowl, whisk vinegar, honey, lemon juice, orange juice, zest, mint mustard, and pepper. Whisk the warm oil into the vinegar mixture.

Assemble the salad. In a large bowl, combine arugula and radicchio drizzled with 2 Tbs. of the vinaigrette.

Drizzle the roasted vegetables with the remaining vinaigrette and scatter them over the greens. Top with Gouda and sunflower seeds or walnuts.

Makes: 4 servings

Calories: 410, Fat: 25 g (Sat. Fat: 7 g), Sodium: 225 mg, CHO: 24 g, Fiber: 4 g, Protein: 10 g

## **Jerk Pork Tenderloin with Mango Salsa**

### **Ingredients:**

#### **Pork:**

**1 tsp Olive oil  
1 lb pork tenderloin  
1 tbsp Jamaican Jerk Rub**

#### **Mango Salsa:**

**2 green onions with tops, divided  
1 small red bell pepper  
1 lime  
1 tsp Jamaican Jerk Rub**

### **Directions:**

**Preheat oven to 350 degrees. For pork, add oil to sauté pan and heat. Trim fat from pork and cut pork in half**

**Coat pork with jerk rub. Cook 3-5 minutes until browned on all sides.**

**Transfer pan to oven and roast for 12-15 minutes. Remove. Cover with foil and let stand.**

**Thinly slice green onions and set aside for garnish. Peel the bell pepper and slide off the top and bottom. Remove seeds and julienne the pepper.**

**Peel and slice mangoes. Juice the lime to get 1 Tbsp juice. Add pepper, mango slices, lime juice and remaining jerk rub to batter bowl and toss.**

**To serve, slice pork and serve with salad. Garnish with onion.**

**Makes: 4 servings**

**Calories: 280, Fat: 7 g (Sat. Fat: 2g), Sodium: 65 mg, CHO: 30 g, Fiber: 4 g, Protein: 26 g**

## Roasted Rosemary Fingerling Potatoes

### Ingredients:

**1 tbsp chopped fresh rosemary**  
**2 tbsp Olive oil**  
**½ tsp black pepper**  
**3 shallots, thinly sliced**  
**2 lbs fingerling potatoes, halved lengthwise (6 cups)**  
**Olive oil**  
**2 tsp minced fresh cloves**

### Directions:

**Preheat oven to 425 degrees F**  
**Combine first 6 ingredients in a large bowl, tossing to coat**  
**Arrange potato mixture on a pan coated with drizzle of olive oil**  
**Bake for 27 minutes or until potatoes are tender, turning after 15 minutes**  
**Sprinkle evenly with chives.**

**Makes: 10 servings**

**Calories: 100, Fat: 3 g (Sat. Fat: 0 g), Sodium: 0 mg, CHO: 17 g, Fiber: 1 g, Protein:  
2 g**

## Savory Green Beans

### Ingredients:

**¾ cup chopped sweet red pepper**

**1 tbsp Olive oil**

**1 garlic clove, minced**

**1-1/2 lbs fresh green beans, trimmed and cut into 2-inch pieces**

**½ cup water**

**2 tbsp minced fresh savory or 2 tsp dried savory**

**1 tbsp minced chives**

### Directions:

**In a large skillet, sauté red pepper in oil for 2-3 minutes until tender**

**Add garlic**

**Stir in green beans, water, savory, chives**

**Bring to a boil. Reduce heat and simmer for 8-10 minutes**

**Makes: 6 servings**

**Calories: 65, Fat: 3 g (Sat. Fat: 0 g), Sodium: 8 mg, CHO: 10 g, Fiber: 4 g, Protein:  
2 g**

## Baked Pears with Currants & Cinnamon

### Ingredients:

6 pears, halved lengthwise

1 Tbsp. Honey

1 tsp ground cinnamon

1 tbsp unsalted butter, cut into ½ inch cubes

½ cup dried currants

Crème fraiche or mascarpone for serving (optional)

Walnuts, toasted & chopped, optional

### Directions:

Preheat oven to 375 degrees F.

In a shallow 2-quart baking dish, arrange pears cup-side up.

Sprinkle the pears with honey and cinnamon and add a small part of butter to each pear.

Sprinkle the currants over the pears.

Bake the pears until they are fork tender, about 50 minutes.

Let cool for 5-10 minutes

To serve, spoon pears onto a plate and add a dollop of crème fraiche & walnuts if desired. Drizzle with some of the juices and currants from the baking pan.

Makes: 11 servings

Calories: 90, Fat: 1 g (Sat. Fat: 0.5 g), Sodium: 0 mg, CHO: 15 g, Fiber: 3 g, Protein: 1 g

## Hot Apple Cider

### Ingredients:

2 quarts apple cider  
1 cup Pure Vermont Maple Syrup  
1 stick cinnamon  
2-3 whole cloves  
Lemon slices, cut in half for garnish

### Directions:

Combine cider, syrup, cinnamon and cloves and heat thoroughly. Do not boil. Remove cloves and serve hot, garnished with half lemon slices.

Calories: 220, Fat: 0 g (Sat. Fat: 0 g), Sodium: 15 mg, CHO: 55 g, Fiber: 0 g, Protein: 0 g