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
- 1/3 cup thinly sliced scallions
- 1 cup rice vinegar & 2 Tbsp. OJ
- 1 lightly packed cups torn radicchio (bite size pieces)
- ¼ cup to 2/3 cup diced aged Gouda
- ½ cup toasted sunflower seeds or walnuts
- 1راقly packed cup chopped fresh mint
- Freshly ground black pepper

**Vinaigrette**
- 1/8 cup olive oil
- ½ cup olive oil
- 1/8 cup thinly sliced scallions
- ½ tsp chopped fresh ginger
- 2 Tbsp. OJ
- 1 tbsp honey
- 1 tbsp fresh lemon juice
- 1-2 tsp Dijon mustard
- ½ 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:                     Mango Salsa:
1 tsp Olive oil           2 green onions with tops, divided
1 lb pork tenderloin      1 small red bell pepper
1 tbsp Jamaican Jerk Rub  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 slide 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