

Living Well Cancer Resource Center: Culinary Comfort Class

March 2020

Topic: Physical Activity: How to Stay Active All Year Long

Menu

Brussels Sprout Salad with Bacon Vinaigrette

Artichoke Chicken

Sweet Potatoes with Pecans & Parmesan

Oven Roasted Asparagus

Bourbon Peach Crisp

Citrus Sparkler

Brussels Sprout Salad with Bacon Vinaigrette

Ingredients:

¼ cup red wine vinegar
1 tablespoon whole-grain mustard
1 teaspoon pepper
1 shallot, halved through the root end and sliced thin
4 slices bacon, uncured, cut into ½ inch pieces
1 ½ pounds Brussel sprouts, trimmed, halved and sliced thin
1 small head radicchio, shredded fine
2 ounces Parmesan, shaved
¼ cup sliced almonds, toasted

Directions:

Whisk vinegar & mustard together in a bowl. Add shallot, cover tightly with plastic wrap, and microwave until steaming, 30 to 60 seconds. Stir briefly to submerge shallot. Cover and let cool completely, about 15 min.

Cook bacon in 12-inch skillet over medium heat, until crispy, about 6-8 minutes, drain bacon on paper towels. Discard bacon fat.. Wipe pan, add 1 Tbsp. Olive oil &, whisk in shallot mixture & cook 2-3 minutes. Turn off heat. Add Brussel sprouts and radicchio and toss with tongs until dressing is evenly distributed and sprouts darken slightly, 1-2 minutes. Transfer to a serving bowl. Add Parmesan and almonds and toss to combine. Serve immediately.

Makes 6 servings.

Calories 210, Fat 13g (Saturated Fat: 4g), Sodium: 350mg, CHO: 16g, Fiber: 4g, Protein: 10g

Artichoke Chicken

Ingredients:

2 boneless skinless chicken breasts
2 tsp rosemary herb seasoning mix
2 tsp Olive oil
½ cup artichoke hearts, drained
2 tsp chopped fresh parsley
1 oz Parmesan cheese
2 tsp mayonnaise

Directions:

Preheat oven to 400. Meanwhile cut potatoes into quarters, place potatoes and olive oil into pan for roasting. Roast potatoes until tender.

For artichoke topping, chop artichokes and parsley and place into a bowl. Grate cheese and set aside 2 tbsp for later. Add the remaining cheese and mayonnaise to artichoke mixture and mix well.

Flatten chicken to ½ inch thickness. Sprinkle both sides of chicken with 1 tsp of the seasoning mix.

Add 1 tsp of the oil to a skillet, heat over medium high heat. Meanwhile add remaining 1 tsp of the oil and remaining 1 tsp of the seasoning mix to potatoes, stir to coat.

Place chicken and potatoes, cut side down into skillet. Cook 3-4 minutes or until the chicken is golden brown. Turn chicken and potatoes over, cook an additional 3-4 minutes.

Remove potatoes from skillet, set aside and keep warm. To finish chicken, spread artichoke topping evenly over chicken, sprinkle with reserved cheese.

Broil 4-6 minutes or until topping is deep golden brown. Serve chicken with potatoes.

Makes 2 servings.

Calories 320, Fat 14g (saturated fat 4g), CHO 21g, Protein 34g, Sodium 360mg, Fiber 3G

Sweet Potatoes with Pecans and Parmesan

Ingredients:

3 tablespoons olive oil

2 ½ pounds sweet potatoes peels and sliced into ¼ inch thick rounds

½ cup grated Parmesan

¾ cup chopped pecans

1 Tbsp. Honey

2 teaspoons fresh thyme leaves

Pinch of cayenne pepper

Directions:

Heat oven to 375. Oil a shallow 2 ½ - 3 quart baking dish.

In a large bowl, toss the sweet potatoes with the Parmesan, 2 tablespoons of the oil, ¼ teaspoon black pepper. Transfer to the prepared baking dish. Cover tightly with foil and bake until tender 45 to 50 min.

Meanwhile, in a small bowl, combine the pecans, honey, thyme, cayenne, the remaining tablespoon of oil, and 1/8 teaspoon black pepper.

Remove the foil from the baking dish, sprinkle the pecan mixture over the potatoes, and continue to bake, uncovered, until the pecans are toasted, 10-12 minutes.

Makes 8 servings.

Calories 260, Total Fat 14g (Saturated Fat 2g), Sodium 140mg, CHO 30 g, Fiber: 6g, Protein: 5g

Oven Roasted Asparagus

Ingredients:

1 bunch of asparagus (trimmed)
2 tablespoons olive oil
3 cloves garlic
3 tablespoons Parmesan cheese
Pepper to taste

Directions:

Preheat oven to 425 degrees.

Rinse and trim asparagus, dry well and set aside.

In a mixing bowl, combine olive oil, garlic, Parmesan cheese, and pepper. Toss well with asparagus until asparagus is lightly coated with mixture.

Place asparagus in a single layer on a lined baking sheet and bake for 8-10 minutes.

Remove from oven and serve immediately.

4 servings

Calories 102, Fat 8g (Saturated Fat 2g), Sodium 70mg, CHO 5g, Fiber 2g, Protein: 2g

Bourbon Peach Crisp

Ingredients:

1 cup all- purpose flour

1 tsp freshly grated nutmeg

1. ¼ sticks cold unsalted butter diced (10 tbsp)

1 cup old-fashioned rolled oats

¾ cup coarsely chopped pecans

3 lb fresh yellow peaches

2 Tbsp. Honey

¼ cup peach nectar

2. 1/2 tsp fresh lemon juice & 2 Tbsp. Bourbon

1 tsp vanilla extract

3. 1/2 tsp cornstarch

whipped cream topping, optional

Directions:

Preheat oven to 375.

For the streusel, whisk together flour and nutmeg in a bowl. Cut butter into flour mixture using a pastry blender until butter is pea-sized. Mix in oats and pecans until thoroughly combined; chill.

For the filling, combine peaches and honey in bowl. Combine bourbon, lemon juice and vanilla; whisk in cornstarch until dissolved and stir into peach mixture. Transfer filling to a 9x13 inch baking dish.

Top filling with streusel and a drizzle of honey and bake crisp until filling is bubbly and streusel is brown, 35-40 minutes; let rest on a rack 30 minutes. Serve crisp with whipped cream.

Makes 12 servings.

Calories 275, Fat 14g (Saturated fat 7g), Sodium 5mg, Fiber 3G, CHO 35 g, Protein 4g