

**Living Well Cancer Resource Center: Eating Well
April 2020
Cultivate A Mediterranean Lifestyle**

Mediterranean Lentil Salad

Seven Layer Dinner

Spinach Frittata

Bean Taco Salad

Spinach & Ricotta Pasta Bake

Spinach, Pesto & Parmesan Lasagna

Southwestern-Style Stuffed Sweet Potatoes

Whole grain pasta with roasted cherry tomato sauce

Roasted Beet & Carrot Salad with Aged Gouda

Lemon-Dijon Farro with Vegetables

Autumn Chopped Salad

Avocado Quinoa Salad

Farmer's Market Roasted Vegetable Skewers

Layered Southwestern Salad with Black beans & corn

Shredded Brussel Sprout Salad

Almond Chicken Stir-Fry

Mediterranean Lentil Salad

Ingredients:

¼ cup olive oil

3 Tbsp. Red wine vinegar

Juice of ½ lemon

1 tsp. Dijon mustard

1 tsp. Dried oregano

1 ½ cups cooked, drained, & cooled French green or brown lentils

1 cup cherry tomatoes, halved

1 cup sliced Persian cucumbers

½ cup kalamata olives, halved

1 small red onion, thinly sliced

½ cup crumbled soft cheese such as Feta

¼ cup Italian parsley, chopped

Directions:

To make the dressing, in a small bowl or jar, whisk together the olive oil, vinegar, lemon juice, mustard & oregano. Set aside. Whisk again before dressing the salad.

In a large bowl, arrange the cooked lentils, tomatoes, cucumbers, bell pepper, olives, onions, cheese & parsley.

Dress with desired amount of vinaigrette.

Cover and refrigerate or enjoy right away.

Serving size: 1/6 of recipe

Calories: 196, CHO: 15 g, Fiber: 5 g, Protein: 7 g

Seven-Layer Dinner

Ingredients:

2/3 cup uncooked quinoa
1 ¼ cup water
1 tsp. Black pepper
3 tsp. Olive oil, divided
1# ground turkey
1 Tbsp. Finely chopped fresh rosemary
2 cloves garlic, minced
1 cup diced yellow onion
1 tsp. Thyme, fresh & chopped
2 cups peeled & thinly sliced sweet potatoes (1/8 inch thick)
8 ounces sliced Cremini mushrooms (about 3 cups)
2 cups fresh Swiss chard
5 ounces plain goat cheese

Directions:

Preheat oven to 350 degrees. F. Place quinoa & water in a 2 quart saucepan.

Season with ¼ tsp. Pepper

Cover and reduce heat to low. While quinoa cooks, heat 2 tsp. Olive oil in a 10-inch skillet over medium heat. Add ground turkey, rosemary & garlic. Cook until meat is browned, about 5 to 8 minutes. Season with pepper.

Prepare casserole dish with non-stick cooking spray. Layer sweet potatoes on the bottom of the casserole dish. Spread onions on top of potatoes & quinoa over the onions. Place mushrooms on the quinoa. Layer chard on the mushrooms & then the cooked turkey mixture. Sprinkle goat cheese on top & cover with foil & bake 45 minutes. Remove foil & bake another 15 minutes. Serve immediately.

Makes: 7 servings (1 ½ cup is one serving)

Calories: 297, Fat: 15 g (Sat. Fat: 6 g), Sodium: 225 mg, CHO: 20 g, Fiber: 3. G, Protein: 21 g

Spinach Frittata

Ingredients:

4 large eggs
½ cup heavy cream
Freshly ground pepper
1 cup shredded Swiss cheese
1 cup grape tomatoes
2 Tbsp. butter
1 small onion, finely chopped
4 cups baby spinach, fresh

Directions:

Preheat the oven to broil. In a medium bowl whisk together the eggs, heavy cream, pepper until smooth. Fold in the cheese & tomatoes and set aside.

In a medium oven-safe frying pan (cast iron) over medium heat, melt the butter. Add the onion and sauté until softened, about 3 minutes. Add the spinach & cook until just wilted, about 2 minutes. Pour the egg mixture over the spinach and cook until almost set, 2-4 minutes. Transfer the pan to the oven and broil until golden brown on top, about 3 minutes. Remove from the oven and turn out onto a serving platter.

Serves: 4

Bean Taco Salad

Ingredients:

¾ cup medium fresh salsa

1 (15 ounce) can unsalted black beans, rinsed & drained

Olive oil

4 (8-inch) whole wheat flour tortillas

1 cup chopped tomato, fresh

¾ cup chopped ripe avocado

¼ cup chopped fresh cilantro

2 tsp. Fresh lime juice

1 tsp. Olive oil

¼ cup plain yogurt

2 tsp. Adobo sauce (from canned chipotle chilies in adobo sauce)

1 (8 ounce) package pre sliced iceberg lettuce

1.5 ounces shredded reduced-fat Mexican-blend cheese (about 1/3 cup)

Directions:

Preheat broiler to high.

Combine salsa & beans, cook 5 minutes or until liquid almost evaporates.

Place 4 (7 ounce) ramekins upside down on a large jelly roll pan, brush ramekins with olive oil. Place 1 tortilla over each ramekin, fold down sides to form upside down cups,

Lightly coat tortillas with cooking spray. Broil 2-3 minutes on middle oven rack or until tortillas brown in spots. Remove pan from oven; let stand 1 minute.

Invert tortillas propping against ramekins and sides of pan to keep their shape; brush lightly with olive oil.. Broil an additional 2 minutes . Remove from heat; cool tortilla bowl slightly.

Place tomato, avocado, cilantro, lime juice and oil in a small bowl; toss gently to combine. Combine plain yogurt and adobo sauce in a small bowl; stirring well.

Divide lettuce evenly among tortilla bowls. Top evenly with bean mixture; then cheese. Divide avocado mixture evenly over top; dollop 1 Tbsp. Plain yogurt over each serving. Serves: 4

Spinach & Ricotta Pasta Bake

Ingredients:

32 large pasta shells (use whole grain if available)
1 pound fresh spinach, stems removed
1 ¼ pounds ricotta cheese
2 Tbsp. Finely chopped fresh flat-leaf parsley
1 Tbsp. Finely chopped fresh mint
2 2/3 cups pasta sauce
½ cup vegetable broth, low sodium
2 Tbsp. Finely grated Parmesan
¼ cup small fresh basil leaves

Directions:

Cook pasta shells in a large saucepan of boiling water for 3 minutes; drain. Cool for 10 minutes. Transfer to a tray.

Preheat oven to 350 degrees. Grease 4 -2 cup shallow ovenproof dishes. Boil, steam or microwave spinach until wilted, drain. Squeeze excess liquid from spinach & chop finely, Place spinach in a large bowl with ricotta cheese & herbs; stir to combine. Spoon mixture into pasta shells.

Combine sauce & broth in a bowl; pour into dishes. Place filled pasta shells in dishes; sprinkle with half the Parmesan, Cover dishes with foil; place on a baking sheet.

Bake for 30 minutes or until pasta is tender. Remove foil; bake for 10 minutes longer. Cool for 15 minutes. Top with remaining Parmesan and basil.

Note: Can also make this recipe in a shallow baking dish , bake, covered with foil for 50 minutes or until the pasta is tender. Then remove foil & bake for 10 minutes longer.

Serves: 4

Southwestern-style Stuffed Sweet Potatoes

Ingredients:

3 small tomatillos, husk removed
3 garlic cloves, unpeeled
1 small jalapeño
1 (15-oz) can unsalted black beans, rinsed & drained
½ cup cooked quinoa
1 ½ Tbsp. Fresh lime juice
1 tsp. Chopped fresh oregano
½ tsp. Ground cumin
4 (8 oz) sweet potatoes
¼ cups chopped white onion
2 Tbsp. Chopped fresh cilantro
½ cup plain Greek yogurt
1 oz. Cotija cheese, crumbled (about ¼ cup)
1 tsp. Hot sauce
Fresh cilantro leaves
Thinly sliced white onion, optional

Directions:

Preheat broiler to low with oven rack to 6 inches from heat.
Place tomatillos, garlic & jalapeño on a rimmed baking sheet.
Broil until well browned, 15 – 18 minutes, flipping vegetables halfway through broiling. Let cool 5 minutes. Remove & discard jalapeño stem & garlic skins.
Stir together beans, quinoa, lime juice, oregano, & cumin in a medium bowl; set aside.
Prick potatoes all over with a fork. Place on a microwave safe plate & microwave on high until just tender, 10-12 minutes. Pulse broiled tomatillo, garlic & jalapeño in a food processor 4 times. Transfer to a bowl, stir in chopped onion, chopped cilantro.
Stir together yogurt and cheese in a bowl. Split potatoes lengthwise, fluff flesh with a fork. Top evenly with bean mixture, tomatillo salsa, and yogurt sauce. Top with cilantro leaves and onion slices, if desired.
Serve as: 4. 1 potato with topping = 1 serving
Calories: 325, CHO: 38 g, protein: 14 g, Fat: 5 g, Fiber: 11 g, Sodium: 218 mg,

Penne with Roasted Cherry Tomato Sauce

Ingredients:

1 shallot, sliced thin
¼ cup EVOO
2 # cherry tomatoes, halved
8 large garlic cloves, sliced thin
1 tsp. Balsamic vinegar
Black pepper to taste
¼ tsp. Red pepper flakes
1# penne pasta, whole grain
¼ cup coarsely chopped basil
Grated Parmesan cheese

Directions:

Adjust oven rack to middle position and heat oven to 350 degrees. Toss shallot with 1 tsp oil in bowl. In separate bowl, gently toss tomatoes with garlic, vinegar & ¼ tsp. Pepper, red pepper flakes & remaining oil. Spread tomato mixture in an even layer in rimmed baking sheet, scatter shallots over the tomatoes & roast until edges of shallot begin to brown & tomato skins are slightly shriveled, 35-40 minutes. (Do not stir tomatoes during roasting). Let cool for 5-10 minutes.

Meanwhile bring 4 quarts water to boil in a large pot. Add pasta & cook, stirring often until al dente. Reserve ½ cups of the cooking water, then drain pasta & return it to the pot. Using a rubber spatula scrape tomato mixture into pasta. Add basil & toss to combine. Adjust consistency with reserved cooking water as needed and season with pepper to taste. Serve with Parmesan.