

**Living Well Cancer Resource Center: Eating Well
February. 2020
Take Care of Your Heart: Eat Heart Healthy!**

Greek Cobb Salad

End of Summer Salad

Mediterranean Spinach & Grains

Roasted Spring Vegetables

Skillet Roasted Root Vegetables

Sweet Potato Crust Quiche

Creamy Polenta with Wild Mushrooms

Wild Rice & Havarti-Stuffed Acorn Squash

Roasted Cabbage with Olive Tapenade

Spaghetti Squash Lasagna with Spinach

Granola Biscotti

Oven-Baked Salmon

Has setback Sweet Potatoes

Roasted Brussel Sprouts with blue cheese yogurt

Cheddar & Radicchio Salad with Pickled Grapes

Roasted Zucchini Lasagna

Roasted Spring Vegetables

Ingredients:

½ lb fresh asparagus spears
1 medium yellow or red bell pepper
1 medium red onion
½ lb baby carrots about 1 ½ cups
1 ½ tablespoon olive oil
1 garlic clove, pressed
¾ tsp dried rosemary
1/8 teaspoon pepper, freshly ground

Instructions:

- Preheat oven to 425 degrees Fahrenheit.
- Trim asparagus and cut into 2 ½ in pieces; set aside.
- Cut bell pepper into 1 ½ inch pieces and red onion into eight wedges.
- Combine bell pepper, onion, carrots, oil, garlic, rosemary and pepper in large bowl; toss to coat. Spread evenly in medium sheet pan.
- Bake 25 minutes, stirring occasionally.
- Add asparagus to vegetable mixture. Stirring carefully to coat with seasoned oil. Bake an additional 10-15 minutes or until vegetables are tender and golden.

Skillet Roasted Root Vegetables

Ingredients:

1 sweet potato, peeled and halved lengthwise and cut crosswise into ½ inch slices

1 large red onion, cut into 1-inch wedges

2 parsnips, cut diagonally into 1-inch slices

1 turnip, peeled halved and cut crosswise into ½ inch slices

2 ½ tablespoons olive oil

1 ½ tablespoons honey

1 ½ tablespoons balsamic vinegar

1 teaspoon ground red pepper

¼ teaspoon black pepper

Instructions:

- **Pre-heat oven to 400 degrees Fahrenheit.**
- **Combine all ingredients in a large bowl; toss to coat. Spread the vegetables in single layer in large cast iron skillet.**
- **Roast 1 hour or until vegetables are tender, stirring once halfway through cooking time.**

Sweet Potato Crust Quiche

Ingredients:

Olive oil

2 medium sweet potatoes, peeled and cut into 1/8 inch thick slices

1 teaspoon olive oil

½ cup sliced onion

1 (5 oz) bag fresh baby spinach

½ cup 1% low fat milk

¼ teaspoon freshly ground black pepper

¼ teaspoon crushed red pepper

4 large eggs

2 large egg whites

1.5 ounces feta cheese, crumbled (about 1/3 cup)

Instructions:

- Preheat oven for to 350 degrees Fahrenheit.
- Brush a 9 inch pie plate with olive oil.. Layer the sweet potatoes in slightly overlapping concentric circles on the bottom and sides of the plate, cutting in half to fit (rounded side up) around the sides.
- Coat potatoes with 2 tsp. Olive oil.
- Bake in pre-heated oven for 20 minutes or until potatoes are slightly tender. Place pan on wire rack.
- Increase temperature to 375 degrees Fahrenheit.
- Heat a large non-stick skillet over medium. Add the oil and onion; sauté 3 minutes. Remove from heat; cool.
- Combine milk and next 5 ingredients (through egg whites) in a medium bowl; stir with a whisk.
- Arrange spinach mixture in crust; pour egg mixture over spinach. Sprinkle with feta. Bake at 375 for 35 minutes or until egg mixture is set. Let stand 5 minutes; cut into 8 wedges.

Creamy Polenta with Wild Mushrooms

Ingredients:

1 Shallot Peeled and minced

2 cloves of garlic, peeled and minced

1 ounce porcini mushrooms, soaked 30 minutes in 1 cup of water that has just been boiled, and coarsely chopped

**1 pound wild mushrooms (such as cremini, chanterelle, or shiitake), thinly sliced
freshly ground black pepper to taste**

1 batch basic polenta, kept warm (1 ½ cups coarse cornmeal 1/4 teaspoon salt, or to taste)

Chopped parsley

Instructions:

For the polenta-

- **Bring 5 cups of water to a boil in a large saucepan.**
- **Whisk in the cornmeal, a little at a time. Cook, stirring often, until the mixture is thick and creamy, about 30 minutes.**
- **Season with salt and serve, or pour the polenta into a pan and refrigerate until set, about 1 hour.**

For the mushrooms-

- **Place the shallot and garlic in a large saucepan and sauté over a medium-low heat for 5 minutes. Add water 1-2 tablespoons at a time to keep the vegetables from sticking to the pan. Add the porcini mushrooms and their soaking liquid and the wild mushrooms.**
- **To serve, divide the polenta among 4 plates. Top with some of the mushrooms and garnish with parsley.**

Wild Rice and Havarti-Stuffed Acorn Squash

Ingredients:

Squash-

2 medium acorn squash, halved through the stem and seeded
2 tablespoons salted butter, melted
2 tablespoons packed light brown sugar
1 teaspoon ground cinnamon
freshly ground pepper

Wild Rice-

1 cup uncooked wild rice
2 tablespoons extra virgin- olive oil
6 cups baby spinach
1 canned chipotle pepper in adobo, chopped
1 tablespoon chopped fresh dill
1 cup roasted pistachios, chopped
1 cup dried cranberries kosher salt and freshly ground pepper

Brown butter Bread Crumbs-

2 tablespoons salted butter
1 cup panko bread crumbs
2 tablespoons finely chopped roasted pistachios
1 cup shredded Havarti cheese
Chopped fresh parsley

Instructions:

- **Preheat oven to 450 degrees Fahrenheit.**
- **Roast the squash- brush cut sides of the squash with the melted butter and sprinkle with brown sugar and cinnamon. Season with pepper. Place cut-side up in baking dish and bake for 45-50 minutes, or until the flesh is fork tender. Remove from the oven (leave the oven on) and brush the liquid from the baking dish around the flesh of the squash, coating the squash well and trying to use all the liquid.**
- **Make the rice- Bring 2 cups of water to boil in a medium sauce pot over high heat. Add the rice, cover, and reduce the heat to low. Simmer 35-45**

minutes, or until all of the water has been absorbed and the rice is tender. Add the olive oil and spinach and toss to combine. Cover the pot again and allow the spinach to wilt, about 10 minutes. Remove the pot from heat and stir in the chipotle, dill, pistachios, and cranberries. Season with pepper.

- While the squash and rice cook, make the bread crumbs. In a medium skillet, melt the butter over medium heat. Cook until it is browned and smells nutty, about 5 minutes. Remove the skillet from the heat and whisk the butter for about 30 seconds more. Stir in the bread crumbs and pistachios.
- Stuff the roasted squash halves with wild rice and top with Havarti cheese. Return to the oven and bake for 10-15 minutes, or until the cheese has melted and the squash is crisp. Remove from the oven and top with the bread crumbs and fresh parsley before serving.

Roasted Cabbage with Olive Tapenade

Ingredients:

2 1 ¼-1 ½ pound heads red and or green cabbage, trimmed and cut lengthwise into 1-inch slices (discard cores)
1 shallot, halved and sliced
4 cloves garlic, minced
2 Tbsp. olive oil
¼ olive tapenade
pepper to taste

Instructions:

- Preheat oven to 425 degrees Fahrenheit.
- Place cabbage in a 15x10 inch baking pan, overlapping slightly if necessary. Sprinkle with shallot, garlic, and pepper and drizzle with oil.
- Roast 35-40 minutes or until cabbage is tender, turning once.
- Top slices with tapenade.