



Living Well Cancer Resource Center  
Young Chefs! Healthy Harvest Treats  
November 2019

### Mini Caramel Apple Treats

6 apples of your choice, possibly macintosh

12 oz. caramels

2/3 cup crushed walnuts

1 cup sprinkles

Equipment: Melon baller, drinking straws, or wooden skewers for the “caramel apples”

#### Instructions:

Using a melon corer, scoop balls out of apples. Try to leave a little skin on top of the ball. You should be able to get about 6 balls out of each apple.

Cut a drinking straw into three equal pieces. Push each straw piece into the tops of the apple balls, where the skin is showing.

Melt Caramels either in microwave according to package instructions.

Before dipping apple balls into candy melts, blot with a paper towel to soak up excess moisture.

Dip apples into caramel melts, rotating until fully coated, making sure the skin at the top is still showing.

Dunk coated apples into walnuts or sprinkles, and place apples on a sheet of waxed or parchment paper to dry.



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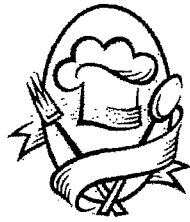
Fall Recipes from Around the World: Fall Vegetable Curry Stew

November 2019

- 1 1/2 teaspoons olive oil
- 1 cup diced peeled butternut squash
- 1 cup small cauliflower florets
- 1/4 cup thinly sliced yellow onion
- 2 teaspoons curry powder
- 1/2 cup organic vegetable broth (such as Swanson)
- 1/4 teaspoon salt
- 1 (15-ounce) can chickpeas (garbanzo beans), rinsed and drained
- 1 (14.5-ounce) can no-salt-added diced tomatoes, undrained
- 2 tablespoons chopped fresh cilantro
- 1/2 cup plain 2% reduced-fat Greek yogurt

Heat olive oil in a large nonstick skillet over medium-high heat. Add butternut squash to pan; sauté 3-5 minutes. Decrease heat to medium. Add cauliflower, onion, and curry powder; cook 1 minute, stirring mixture constantly.

Add broth and next 3 ingredients (through tomatoes); bring to a boil. Cover, reduce heat, and simmer 10 minutes or until vegetables are tender, stirring occasionally. Sprinkle with cilantro; serve with a dollop of yogurt.



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Fall Recipes from Around the World: Vegetarian African Peanut Soup

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1 tsp peanut oil  
1 onion, diced  
2 garlic cloves, minced  
1 inch fresh ginger, minced, or ½ tsp ginger, ground  
1 ½ lbs sweet potatoes, peeled and cut into 1" chunks  
4 c vegetable broth (we prefer low sodium)  
½ (14.5 oz) can diced tomatoes, un-drained  
½ c peanut butter (preferably chunky, but creamy works too)  
1 Tbsp tomato paste  
¼ -½ tsp cayenne (depending on your preference)  
2 c kale, cut into ribbons  
Dash of salt  
2 cups brown rice, precooked  
½ cup roasted peanuts

In a 4 quart soup pot, heat the peanut oil. Add the onion, garlic, ginger, and diced sweet potatoes. Sauté over medium heat until soft, 5-7 min.

Add the broth, tomatoes with juice, peanut butter, tomato paste, and cayenne. Stir to combine and bring the mixture to a simmer.

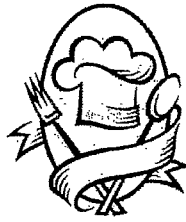
Simmer the soup, covered, over medium-low heat for 10 min.

Using a potato masher, roughly mash the soup to break up the potatoes. (You are still looking to have some chunks, so a coarse mash is all you need.)

Add the greens and simmer uncovered for 5 min.

Taste the soup and adjust the salt as desired.

Serve over brown rice, topped with toasted peanuts.



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Fall Recipes from Around the World: Malawian Sweet Potato Cookies

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1 cup mashed sweet potatoes  
4 Tbsp unsalted butter, melted  
2 c unbleached all purpose flour  
1/2 c brown sugar, loosely packed  
4 tsp baking powder  
1/2 tsp salt  
2 tsp cinnamon  
1/4 c raisins

Preheat oven to 375°F.

In a large bowl, mix mashed sweet potatoes and melted butter.

Add flour, brown sugar, baking powder, and salt. Mix well until a soft dough forms.

Add the raisins and mix until incorporated.

Turn the dough out onto a well-floured surface and knead it a few times until the dough is solid enough to roll out.

Roll the dough 1/2 inch thick and cut the cookies with a cookie cutter (heart shaped is traditional). Place the cut cookies onto a parchment lined baking sheet. Re-roll and cut any remaining dough, until all the dough has been used.

Bake the cookies for 12-15 minutes, until firm and slightly springy when touched.

Remove the cookies from oven and let them cool on the pan for 5 minutes.

Remove the cookies from the baking sheet to finish cooling on a wire rack.

**To make mashed sweet potatoes**, peel and quarter a medium sweet potato (roughly 1 lb). Place it in a saucepan and cover it with water. Cover the pan and bring the water to a boil. Boil the peeled sweet potato for 30 minutes, or until easily pricked with a fork. Once cooked, drain and mash the potato with an electric hand mixer, until smooth.

You will need 1 cup of mashed sweet potatoes for 2 dozen cookies.