

Living Well Cancer Resource Center

Young Chefs!

Sunny Citrus for Spring: Citrus Raspberry Blender Drink

April 2020

Juice from 6 limes
3 Tablespoons sugar
3 cups ice
2 cups cran-raspberry juice
2 pints of fresh or 1 bag of frozen raspberries
2 oranges, sliced and halved for garnish

Blend together all ingredients in blender. Serve with half slice of orange as garnish. Enjoy!

Citrus Salsa

2 oranges, peeled, sectioned, and cut into bite-size
1 orange hollowed out for holder of salsa
2 Tbsp. grapefruit peeled, sectioned, and cut into bite-size
1/2 cup pineapple fresh or canned tidbits
1/2 cup diced fresh mango
6 Tbsp. diced red bell pepper
6 Tbsp. orange juice
pinch of sugar
1 Tbsp. chopped fresh cilantro
1 Tbsp. red onion, diced
2 jalapeno peppers, seeded and minced

In a medium-size bowl, combine oranges, grapefruit, pineapple chunks, mango, orange juice, diced red bell pepper, sugar and cilantro. Add red onion and jalapeno peppers. Mix well and refrigerate covered. Serve in hollowed orange with Homemade Cinnamon Tortilla chips.

Chicken Curry Soup with Lime

1 sweet onion, diced
6 garlic cloves, minced
1 Tablespoon olive oil
2 cans (13.66 ounces each) light coconut milk
2 cans (4 ounces each) chopped green chilies
2 teaspoons grated lime zest, 1-2 limes
1/2 cup lime juice, 2-3 limes
1/4 cup sweet chili sauce
4 teaspoons curry powder
1/2 teaspoon salt
2 pounds boneless chicken breasts, cut into bites-sized (1/2 inch) pieces
3 cups cooked brown rice
½ cup minced fresh cilantro
8 green onions, sliced

- Saute onion and garlic for 3-5 minutes until onion is translucent. Add coconut milk, green chilies, lime zest, lime juice, sweet chili sauce, curry powder, salt and chicken. Bring to a boil.
- Stir in cooked rice. Cook, covered, on low 15-20 minutes or until heated through. Sprinkle servings with cilantro and green onions.

Homemade Cinnamon Tortilla Chips

3 teaspoons cinnamon
2/3 cup sugar
1 bag of 4-6 whole grain flour tortillas
3-4 small brown paper lunch bags
Cooking spray

Preheat 350 degrees. Combine cinnamon and sugar in a small bowl and set aside. Cut flour tortillas into triangle wedges. Lay flat on cookie sheet and spray lightly with cooking spray. Sprinkle with cinnamon and sugar. Bake at 350 degrees for 8-10 minutes. Let cool for 5 minutes, then place in brown bag with remaining cinnamon and sugar. Serve with fruit salsa!

Mandarin Orange Balsamic Bruschetta

1 whole grain baguette, sliced and toasted
½ cup olive oil, in bowl for brushing baguette + 1 teaspoon olive oil
2 cups shallots, sliced
1/2 teaspoon kosher salt
1/2 cup white balsamic vinegar
1/2 cup brown sugar
1 bay leaf
1 teaspoon crushed coriander seeds
13 slices Canadian bacon, nitrate free if possible; or roasted
1 cup mandarin orange segments, roughly chopped
1/3 cup toasted hazelnuts, crushed
1 tablespoon fresh thyme, chopped

1. Heat oven to 375 degrees. Slice baguette thinly, brush with olive oil and bake until just toasted about 4-5 minutes. Let cool.

2. Make mandarin chutney: In a skillet over medium heat, sauté the shallot and salt in 1 tablespoon olive oil until soft and translucent, about 20 minutes. Add the vinegar, brown sugar, bay leaf and coriander seeds and let simmer until vinegar is reduced and almost gone. Add the mandarin segments and stir; remove from heat.

3. Top toasted baguette slices with a 1/2 slice of prosciutto and a spoonful of mandarin chutney; sprinkle with hazelnuts and thyme.