

Living Well Cancer Resource Center
Young Chefs! Holiday Treats and Eats
December, 2019
Banana Santa

- 1 bag large marshmallows, halved
- 1 bag of mini-marshmallows
- 2 bunches of bananas, halved or thirds if large bananas
- 1 container chocolate sprinkles
- 1 bag red cinnamon candies or M&Ms
- 2 large containers of strawberries, tops cut off
- 6 inch wooden skewers
- Peanut butter (for "gluing" the eyes)

Thread banana on skewer. Cut a large marshmallow in half and place on top of half banana slice. Top with a strawberry and mini marshmallow. Use chocolate sprinkles for the eyes and use a dot of peanut butter to "glue" on nose of M&M or cinnamon candy.



Veggie Holiday Pinwheels

- 6 large green tortillas
- 8 oz cup herbed Boursin cheese
- 6 tablespoons fresh basil
- 1 ½ teaspoon garlic powder
- ¾ cup thinly sliced red bell pepper strips
- ¾ cup thinly sliced carrot strips
- ¾ cup thinly sliced green bell pepper strips
- ¾ cup baby spinach leaves
- ¾ cup shredded purple cabbage
- 2 cups cooked shredded chicken

Mix together the Boursin cheese, basil, garlic powder until thoroughly combined. Spread cheese evenly over the 4 tortillas. Leaving a 1 inch border on all sides, lay out 2 tablespoons of each vegetable in rows across the tortillas; top with shredded chicken. Roll up each tortilla tightly; if the ends don't stay shut you can add a bit more cheese to seal. Cut crosswise into pinwheels and serve.



Reindeer Celery

- 1 bunch Celery, each cut into 2 inch pieces
- 1 jar Peanut butter (or other seed butter such as sunflower butter)
- 2 packages fresh raspberries
- 1 bag Pretzels (gluten free if allergic)
- 1 bag M&Ms

Spread nut or seed butter into the celery pieces. Add pretzel antlers and 1 raspberry for the nose. Add 2 candies for the eyes.



Pan Seared Teriyaki Meatballs and Broccoli

Ingredients

- 2 lbs ground turkey
- 4 eggs
- 1 tbsp fresh ginger, grated
- 6 garlic cloves, minced
- 1 cup panko bread crumbs
- 3 scallions light and dark parts, thinly sliced
- 1 tsp salt
- 1 lb broccoli florets
- 3 red peppers
- cilantro, chopped, optional

Teriyaki Sauce

- ¼ cup soy sauce
- ⅓ cup honey
- 2 garlic cloves, minced
- 1 tbsp fresh ginger, minced
- 1 tbsp chili paste
- ¼ cup fresh lime juice



1. Heat oven to 400° F. In a stand mixer or using your hands, mix all ingredients for the meatballs until fully incorporated. Using a cookie scoop or heaping tablespoon, measure out roughly 35 meatballs. Transfer the meatballs to non-stick pan. Place broccoli and red peppers on baking sheet, bake for 20 min.
2. Cook meatballs in pan for about 10-15 minutes, or until meatballs are cooked through.
3. Meanwhile, bring soy sauce, honey, garlic, ginger, chili paste and lime juice to a boil in a small saucepan. Reduce heat to medium-low and simmer, stirring frequently, until slightly thickened and foamy on top, about 10 minutes. Let cool.
4. Once the sauce has cooled and thickened a bit, pour it over the meatballs red peppers and roasted broccoli. Sprinkle with chopped cilantro and serve.