

Living Well Cancer Resource Center
Young Chefs! Cold Weather After School Snacks
January 2020

Broccoli Cheese Bites

1 (15 ounce) can chickpeas or 1 1/2 cups 1 1/2 cups cooked quinoa
1 1/2 cups chopped cooked broccoli
1 cup sharp cheddar cheese
1 teaspoon salt
1 1/2 teaspoons onion powder
1 1/2 teaspoons garlic powder
1/4 teaspoon black pepper
Cooking spray or olive oil for baking
1 jar of Pizza Sauce

Pre-heat oven to 350 degrees F. Add all ingredients to a food processor and blend until completely combined and ingredients are broken down.

Spray with cooking spray a mini-muffin pan. Use a 1 tablespoon scoop to scoop the mixture into muffin cups. Use your hand to pat down the tops a little bit and either brush the tops with olive oil or spray with cooking spray.

Bake broccoli cheese bites until golden brown on the top and bottom, 15-20 minutes. Remove from the oven and let cool on the baking sheet for 5-7 minutes before eating. Enjoy with your favorite dipping sauce, if desired.

Healthy Peanut Butter Oatmeal Cookies

4 ripe bananas, mashed
2/3 cup peanut butter
1 1/3 cup applesauce, unsweetened
2 tsp vanilla
1 tsp salt
1 tsp cinnamon
Pinch of ground cloves
Pinch of ground nutmeg
3 cups old fashioned oats
1/2 cup peanuts
1/2 cup semi sweet chocolate chips, and a few more on top of each cookie
1/2 cup coconut

Preheat the oven to 350 degrees F. and line a baking sheet with parchment paper or a silicone baking mat. Set aside.

In a large bowl or the bowl of stand mixer, mix together the 2 bananas, peanut butter, applesauce, vanilla, salt, ground cinnamon, pinch of cloves, and a pinch of nutmeg.

Add in the oats, peanuts, chocolate chips, and shredded coconut; stir until well combined.

Spoon a rounded 2 tbsp. of the cookie mixture onto the prepared baking sheet, leaving an inch or two between each and flatten slightly. Place a few chocolate chips on top of each cookie.

Bake for about 20 minutes or until the edges are starting to brown.

Sweet Potato Nachos

3 large sweet potatoes washed and sliced into 1/4-inch rounds, then halved

1 tablespoon olive oil

Salt and pepper to taste

1 1/2 cups shredded Cheddar cheese

1 cup black beans drained and rinsed

1/4 cup chopped green onions

1/4 cup chopped cilantro

1 head of lettuce, chopped

1 cup cherry tomatoes, halved

1 large avocado pit removed and diced

1 cup Greek yogurt

1 tsp chili powder

1. Preheat oven to 400 degrees F.
2. Toss the sweet potatoes in olive oil and season with salt and pepper. Place the sweet potato rounds on a large baking sheet in a single layer. Bake for 20 minutes. Use a spatula to flip the sweet potato rounds. Bake for an additional 10 minutes or until sweet potatoes are crisp.
3. Remove the pan from the oven and sprinkle cheese and black beans over the sweet potatoes. Bake until cheese is melted, about 5-7 minutes.
4. Remove pan from oven and top with lettuce, tomatoes, green onions, cilantro, avocado. Mix together chili powder and Greek yogurt and garnish nachos. Serve immediately.

Veggie Pizza Rolls

- 1/2 cup spinach
- 1 medium bell pepper, red
- 1/2 cup, pieces or slices mushrooms, white
- 1 medium onion
- 2 medium tomato, red
- 2 medium carrot
- 2 medium zucchini
- 2 cups spaghetti or marinara sauce
- 2 packages refrigerated whole grain pizza dough

Chop veggies (you will need two cups total of your choice of the vegetables listed) and saute for 3-4 minutes or until slightly tender. Stir into marinara sauce.

Preheat oven to 400 degrees F.

Remove the dough from package and place on a lightly floured work surface. Use a rolling pin to roll the dough into a 1/2-inch thick rectangle, about 12 by 10 inches.

Begin by spreading about 1 cup of sauce over the dough, leaving a 1/2-inch boarder around the edges. If it seems like it needs more, then add 1 or 2 Tbsp at a time. Sprinkle with mozzarella cheese.

Begin rolling the dough until you have one large roll. Slice into 8-12 slices and place in a greased muffin tin.

Bake for 15-20 minutes or until rolls are golden brown and cooked through the middle. Enjoy!