

Living Well Cancer Resource Center  
Growing Well

March 25, 2020

Butternut Squash Salad with Quinoa and Microgreens

Dressing:

3 Tbsp tahini  
3 Tbsp olive oil  
6 garlic cloves, chopped  
6 Tbsp oregano  
6 Tbsp cilantro  
1 jalapeno pepper, chopped  
1 cup and 1 Tbsp apple cider vinegar  
Black pepper to taste

For Salad:

2 pounds acorn squash, cut into bite-sized pieces  
2 Tbsp olive oil  
½ tsp paprika

Quinoa:

½ cup Quinoa, cooked

Coat acorn squash with olive oil. Bake at 425 degrees for 25 minutes. Stir together dressing ingredients. Combine in food processor.

Combine squash and quinoa together. Add ½ dressing and mix together. Add microgreens and top with remaining dressing.

## Strawberry Lime Salsa

May 5, 2020

Juice and zest of 1 medium lime

1 ½ tsp honey

Pinch of sea salt

1 pint of strawberries, diced

1 jalapeno pepper, diced

½ small red onion, chopped

1 avocado, diced

½ cup fresh cilantro, chopped

Black pepper to taste

In a large bowl, whisk together the lime juice and zest, honey and salt. Stir in the strawberries, jalapeño, onion, avocado and cilantro. Add pepper, to taste, and mix well. Adjust the seasonings if need be (you might like a little more lime for acidity, honey for sweetness, or salt if it's just not quite right yet). Enjoy!

## Lemon Rosemary Cauliflower

May 5, 2020

1 medium head cauliflower, cut into florets (about 6 cups)

4 tablespoons olive oil, divided

1/4 cup minced fresh parsley

1 tablespoon minced fresh rosemary

1 tablespoon minced fresh thyme

1 teaspoon grated lemon zest

2 tablespoons lemon juice

1/2 teaspoon salt

1/4 teaspoon crushed red pepper flakes

- Preheat oven to 425°. Place cauliflower in an ungreased 15x10x1-in. baking pan. Drizzle with 2 tablespoons oil and toss to coat. Roast 20-25 minutes or until golden brown and tender, stirring occasionally.
- In a small bowl, combine remaining ingredients; stir in remaining oil. Transfer cauliflower to a large bowl; drizzle with herb mixture and toss to combine.

### Nutrition Facts

3/4 cup: 161 calories, 14g fat (2g saturated fat), 0 cholesterol, 342mg sodium, 8g carbohydrate (3g sugars, 3g fiber), 3g protein

## **Pesto Flatbread Pizza**

**August 27, 2020**

2 cups grape tomatoes, sliced in half  
1 tablespoon olive oil 4 (2-ounces each) multigrain flatbreads  
1/4 cup basil pesto, or your favorite variety  
4 ounces fresh mozzarella, shredded  
4 cups loosely packed baby arugula leaves  
1/8 teaspoon red pepper flakes, optional

Preheat the oven to 400°F.

Combine the grape tomatoes and 1 teaspoon of the olive oil, tossing to coat. Place the tomatoes in a single layer on a rimmed baking pan. Bake in the preheated oven for 10 minutes or until softened. Reduce the oven temperature to 375°F.

Place the flatbreads on 2 baking sheets. Bake at 375°F for 5 minutes or until beginning to crisp. Spread 1 tablespoon pesto on each flatbread. Sprinkle each with 1/4 cup mozzarella cheese and 1/2 cup roasted tomatoes. Bake at 375°F for 8 minutes or until the cheese is melted and bubbly.

While the flatbreads bake, combine the arugula and remaining 2 teaspoons olive oil, tossing well. Top the flatbreads evenly with arugula. Sprinkle with the red chile flakes, if desired.