

Living Well Cancer Resource Center  
Chill Out with Summer Meals and Treats  
August 2020

Refreshing Quinoa Black Bean Salad

**Ingredients:**

1 cup of Quinoa  
2 bell peppers (small dice/bite size pieces)  
2 carrots (small dice/bite size pieces)  
2 stalks of celery (small dice/bite size pieces)  
11 ounces canned corn  
19 ounces canned black beans

Citrus Lime Vinaigrette:

1/3 cup olive oil  
1/3 cup white wine vinegar  
2 tablespoons of honey  
Zest and juice from 1 lime  
½ teaspoon Dijon mustard  
¼ teaspoon salt

**Directions:**

Cook quinoa according to package directions and set aside to cool.

Combine all salad ingredients in a large bowl, gather all vinaigrette ingredients together and shake in a small container or whisk in a bowl until vinaigrette is mixed well.

Toss the salad in the vinaigrette and store in a sealed container in the fridge for up to 3 days. Enjoy!

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Pineapple & Pork Skewers

**Ingredients:**

14 ounce Pork Fillet

4 tablespoons honey or maple syrup

2 ounces apple cider vinegar

1 teaspoon fish sauce

½ small pineapple peeled, cored and cut into chunks (or use ready prepped fresh pineapple, drained well)

1 green pepper, deseeded and cut into squares (optional)

4 spring onions, trimmed and cut into 4 equal lengths

Small bunch of cilantro chopped

Cooked rice or pita, to serve

**Directions:**

Cut the pork into cubes. Heat the sugar and vinegar in a pan over a low heat until the sugar melts. Add the fish sauce and cool. Tip in the pork and mix well so that all the cubes are covered in sauce.

Heat the barbecue. If using coals, wait until they turn white. If you are indoors, heat a griddle pan. Thread the pork and pineapple onto skewers, alternating pieces with the pepper and spring onion

Barbecue or griddle the skewers for 3-4 mins each side (may need to cook them for longer if griddling). Sprinkle with cilantro, then serve with rice or slide into pita breads. Enjoy!

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Summer Salad with Lemon Poppyseed dressing (serves 6)

**Ingredients:**

3 Romain hearts chopped  
1 cup roasted walnuts  
1 cup blueberries  
1 pint raspberries  
10 small radishes washed, trimmed, and sliced thin  
5 ounces goat cheese crumbled

**Lemon Poppy Seed Dressing**

2/3 cup olive oil  
1/3 cup lemon juice see note #2  
1/4 cup granulated sugar  
1/8 teaspoon salt (or just a pinch)  
1 teaspoon ground mustard  
1 tablespoon poppy seeds  
1 tablespoon honey optional

**Directions:**

Toss all of the salad ingredients.

Whisk together the olive oil, lemon juice, sugar, salt, and mustard until the sugar is completely dissolved. Taste and add more lemon until it has enough of a lemon flavor for you. Add more honey if it becomes overwhelmingly acidic.

Stir poppy seeds into the dressing and serve salad dressing on the side and allow people to dress their salad to taste. Enjoy!

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Healthy-ish S'mores

**Ingredients:**

1/4 cup whole wheat flour

1/2 cup sweetened condensed milk

2 tablespoons vanilla

1/2 teaspoon salt

1 1/2 cups rolled oats

1 1/2 cups chocolate graham crackers, crumbled

1 cup dark chocolate chips or pieces

1 cup mini marshmallows

1 cup shredded coconut

1/2 stick butter

**Directions:**

Grease an 8x8" pan and line with parchment paper, leaving excess along the edges. In a medium saucepan, melt butter and add the flour and condensed milk. Stir over medium heat. Add two tablespoons of rum into the mixture, continuing while continuing to stir.

Continue stirring over medium heat, then add salt. Heat until mixture thickens. Set aside to cool. In a large bowl, combine the crushed graham crackers and oats.

Once the melted mixture has cooled, spoon it into the bowl with the oats and graham crackers, then stir until well blended. Spoon mixture into the baking pan, then gently press the mixture flat and into the corners.

Begin layering on the toppings, starting with the chocolate chips. Then add marshmallows, ground graham crackers and a layer of shredded coconut.

Bake at 350 degrees F on the center rack for 15 minutes. When it's finished baking, set the oven to broil and brown the top a bit, if needed. While warm, remove from the baking pan by gently lifting up on the parchment paper. Cut and serve warm. Enjoy!

