

COOKING FOR WELLNESS

MAY 2024



CANCER SUPPORT
COMMUNITY
GREATER ANN ARBOR

Taste of Home

Spring Green Risotto



TOTAL TIME: Prep: 15 min. Cook: 30 min.

YIELD: 8 servings.

Once a week I create a new recipe for my blog, An Officer and a Vegan. I first made this risotto when I needed something cheerful and comforting. It would be fantastic with asparagus, zucchini or summer squash, but use whatever veggies are in season. —Deanna McDonald, Grand Rapids, Michigan

Ingredients

1 carton (32 ounces) vegetable stock

1 to 1-1/2 cups water

1 tablespoon olive oil

2 cups sliced fresh mushrooms

1 medium onion, chopped

1-1/2 cups uncooked arborio rice

2 garlic cloves, minced

1/2 cup white wine or additional vegetable stock

1 teaspoon dried thyme

3 cups fresh baby spinach

1 cup frozen peas

3 tablespoons grated Parmesan cheese

1 tablespoon red wine vinegar

1/2 teaspoon salt

1/4 teaspoon pepper

Directions

1. In a large saucepan, bring stock and water to a simmer; keep hot. In a Dutch oven, heat oil over medium-high heat. Add mushrooms and onion; cook and stir 5-7 minutes or until tender. Add rice and garlic; cook and stir 1-2 minutes or until rice is coated.

2. Stir in wine and thyme. Reduce heat to maintain a simmer; cook and stir until wine is absorbed. Add hot stock mixture, 1/2 cup at a time, cooking and stirring after each addition until stock has been absorbed; continue until the rice is tender but firm to the bite and the mixture is creamy. Stir in spinach, peas, cheese, vinegar, salt and pepper; heat through. Serve immediately.

© 2024 RDA Enthusiast Brands, LLC

Taste of Home

Pumpkin Seed Salmon with Maple-Spice Carrots

Because this one-pan meal is ready in just 35 minutes, it's a good choice for a healthy recipe after you've had a long day at the office. Maple-spiced carrots cook alongside pepita-crusted salmon fillets and deliver amazing taste and nutrition in a dinner the whole family will devour.

By **EatingWell Test Kitchen** | Updated on April 19, 2024

✔ Tested by **EatingWell Test Kitchen**

✔ Reviewed by Dietitian **Emily Lachtrupp, M.S., RD**

Prep Time: 15 mins

Additional Time: 20 mins

Total Time: 35 mins

Servings: 4

Yield: 4 servings

Nutrition Profile:

Diabetes-Appropriate Healthy Aging Healthy Immunity Low-Sodium High-Blood Pressure Heart-Healthy Low-Calorie

Ingredients

4 (4-5 ounce) fresh or frozen salmon fillets

1 pound carrots, cut diagonally into 1/4-inch slices

¼ cup pure maple syrup, divided

½ teaspoon salt, divided

½ teaspoon pumpkin pie spice

8 multi-grain saltine crackers, finely crushed

3 tablespoons finely chopped salted, roasted pumpkin seeds (pepitas) plus 2 teaspoons, divided

Cooking spray

Directions

Step 1

Thaw fish, if frozen. Preheat oven to 425 degrees F. Line a 15x10-inch baking pan with foil; set aside.

Step 2

Combine carrots, 3 tablespoons maple syrup, 1/4 teaspoon salt, and the pumpkin pie spice in a large bowl. Arrange the carrots on one-half of the prepared baking pan. Bake for 10 minutes.

Step 3

Meanwhile, rinse the fish; pat dry with paper towels. Combine crushed crackers, 3 tablespoons of the pumpkin seeds, and the remaining 1/4 teaspoon salt in a shallow dish. Brush the top of the fish with the remaining 1 tablespoon maple syrup. Sprinkle with the cracker mixture, pressing to adhere. Place the fish in the baking pan next to the carrots. Lightly coat the top of the fish with cooking spray. Bake for 10 to 15 minutes more or until the fish flakes easily when tested with a fork and the carrots are tender.

Step 4

To serve, divide the carrots among dinner plates and sprinkle with the remaining 2 teaspoons pumpkin seeds. Top with the salmon.

Originally appeared: Diabetic Living Magazine

Nutrition Facts

Per serving: **Serving Size 1 fish fillet and about 1/2 cup carrots** 359 calories; total fat 15g; saturated fat 2g; cholesterol 62mg; sodium 519mg; total carbohydrate 31g; dietary fiber 4g; total sugars 19g; protein 28g; vitamin c 7mg; calcium 80mg; iron 3mg; potassium 1064mg

Tomato, Cucumber & White-Bean Salad with Basil Vinaigrette

This no-cook bean salad is a delicious way to use summer's best cherry or grape tomatoes and juicy cucumbers for a light dinner or lunch. Fresh basil elevates an easy vinaigrette recipe that dresses up this simple salad into something extraordinary.

By **Carolyn Casner** | Updated on September 19, 2023

✔ Reviewed by Dietitian **Emily Lachtrupp, M.S., RD**

✔ Tested by **EatingWell Test Kitchen**

Active Time: 25 mins

Total Time: 25 mins

Servings: 4

Yield: 4 servings

Nutrition Profile:

Diabetes-Appropriate Nut-Free Dairy-Free Healthy Immunity Low-Sodium Low Added Sugar Soy-Free High-Fiber Heart-Healthy Vegetarian Egg-Free Gluten-Free Low-Calorie

Ingredients

- ½ cup packed fresh basil leaves
- ¼ cup extra-virgin olive oil
- 3 tablespoons red-wine vinegar
- 1 tablespoon finely chopped shallot
- 2 teaspoons Dijon mustard
- 1 teaspoon honey
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 10 cups mixed salad greens
- 1 (15 ounce) can low-sodium cannellini beans, rinsed
- 1 cup halved cherry or grape tomatoes
- ½ cucumber, halved lengthwise and sliced (1 cup)

Directions

Step 1

Place basil, oil, vinegar, shallot, mustard, honey, salt and pepper in a mini food processor. Process until mostly smooth. Transfer to a large bowl. Add greens, beans, tomatoes and cucumber. Toss to coat.

Originally appeared: EatingWell.com, June 2018

Nutrition Facts

Per serving: **Serving Size 2 1/4 cups** 246 calories; total fat 15g; saturated fat 2g; sodium 271mg; total carbohydrate 22g; dietary fiber 8g; total sugars 5g; added sugars 1g; protein 8g; vitamin c 30mg; calcium 126mg; iron 4mg; potassium 793mg

Frozen Chocolate-Banana Bites

Dark chocolate is drizzled on chunks of banana then frozen to make this sweet snack or dessert.

By **EatingWell Test Kitchen** | Updated on April 19, 2024

✔ Tested by **EatingWell Test Kitchen**

✔ Reviewed by Dietitian **Emily Lachtrupp, M.S., RD**

Prep Time: 15 mins

Additional Time: 1 hr

Total Time: 1 hr 15 mins

Servings: 4

Yield: 4 servings

Nutrition Profile:

Diabetes-Appropriate Nut-Free Low-Sodium Low-Fat Soy-Free Heart-Healthy Vegetarian Egg-Free Gluten-Free Low-Calorie

Ingredients

2 medium bananas

1½ ounces special dark chocolate pieces (about 1/3 cup)

Directions

Step 1

Peel bananas. Slice bananas into 1/2-inch-thick pieces. Line baking sheet with parchment or waxed paper. Arrange banana pieces close together in a single layer on prepared baking sheet.

Step 2

In a heavy small saucepan, melt chocolate over low heat. Place melted chocolate in small resealable plastic bag. Seal bag and snip off a tiny corner. Drizzle chocolate over banana slices. Cover and freeze for 1 to 2 hours or until frozen.

Step 3

Divide banana pieces among four freezer containers or small resealable freezer bags. Freeze for up to 3 days.

Originally appeared: Diabetic Living Magazine

Nutrition Facts

Per serving: **Serving Size 1 serving** 102 calories; total fat 3g; saturated fat 2g; sodium 4mg; total carbohydrate 20g; dietary fiber 2g; total sugars 13g; protein 1g; vitamin c 5mg; calcium 3mg; iron 0mg; potassium 211mg