

COOKING FOR WELLNESS

August 2024



CANCER SUPPORT
COMMUNITY
GREATER ANN ARBOR

Blueberry Peach Feta Salad

Ingredients

- 1 tbsp Basil, chopped
- 1 pint Fresh Blueberries
- 2 Peaches, sliced
- 2 Persian Cucumbers, sliced
- 1 tbsp Dijon Mustard
- 1 tbsp Honey
- 3 tbsp Fresh Lemon Juice
- Kosher Salt and Fresh Ground Black Pepper to taste 1 tbsp Olive Oil
- 1/2 cup Feta Cheese, crumbled

Instructions

1. In a large bowl, combine the chopped basil, fresh blueberries, sliced peaches, and sliced Persian cucumbers.
2. In a separate small bowl, whisk together the Dijon mustard, honey, fresh lemon juice, salt, and pepper.
3. Gradually whisk in the olive oil until the dressing is well combined.
4. Pour the lemon basil vinaigrette over the salad ingredients in the large bowl and toss gently to coat everything evenly.
5. Sprinkle the crumbled feta cheese over the salad.
6. Toss the salad one more time lightly to distribute the feta cheese throughout.
7. Serve the Blueberry Peach Feta Salad immediately as a refreshing and flavorful summer salad.

Nutrition

Serving Size: 1 serving

Calories: 150

Sugar: 12g

Sodium: 220mg

Fat: 8g

Saturated Fat: 3g

Unsaturated Fat: 4g

Trans Fat: 0g

Carbohydrates: 18g

Fiber: 3g

Protein: 4g

Cholesterol: 15mg



SERVINGS: 4 BREAKFAST BURRITOS

Roasted Vegetable and Avocado Breakfast Burrito

★★★★★ 5 from 1 vote

Fresh, flavorful breakfast burritos loaded with nutrients is a powerful way to kick off the day!

PREP TIME:

20 mins

COOK TIME:

35 mins

TOTAL TIME:

55 mins

Ingredients

Roasted Vegetables:

- 2 small sweet potatoes chopped into 1/2-inch pieces
- 2 medium zucchini squash chopped
- 2 large carrots peeled and chopped
- 2 tablespoons olive oil
- sea salt to taste

For the Scrambled Eggs

- 1 Tbsp ghee butter, or olive oil
- 4 cups baby spinach
- 8 large eggs well beaten
- sea salt to taste

For the Burritos

- 4 large flour tortillas*
- 2 avocados peeled and sliced
- homemade or store-bought salsa of choice

Optional Add-ins:

- breakfast sausage
- chorizo
- bacon
- sour cream
- cheddar cheese
- green onion

Instructions

Roast the Vegetables:

- 1 Preheat the oven to 425 degrees F. Spread the vegetables on 2 large baking sheets. Drizzle with oil and sprinkle with sea salt. Use your hands to toss everything together until well coated. Roast 20 to 30 minutes, until vegetables are golden-brown and cooked through.

Prepare the Scrambled Eggs

- 1 Heat the ghee (or butter/olive oil) in a large non-stick skillet over medium heat. Add the spinach and cover. Cook, stirring occasionally, until spinach has wilted, about 2 minutes. Uncover and continue cooking 1 minute to allow excess moisture to burn off.
- 2 Pour the beaten eggs into the skillet evenly over the spinach and allow them to cook 1 to 2 minutes, until they begin to firm up. Use a spatula to flip the eggs to the other side and cook another 1 to 2 minutes. Continue cooking and flipping until eggs are cooked through. Season to taste with sea salt.

Make the Burritos

- 1 Heat up the tortillas using your desired method (microwave, or wrap in foil and heat in the oven. I like heating mine in the oven after the roasted vegetables come out).
- 2 Lay one tortilla on a large plate and add desired amount of roasted vegetables, scrambled eggs, and avocado. Top with any additional toppings. Fold in the sides of the tortilla then roll to form a burrito. Repeat for remaining breakfast burritos.

Notes

*I use gluten-free or grain-free tortillas, but select any tortilla you love!

Nutrition

Serving: 1burrito, Calories: 431kcal, Carbohydrates: 48g, Protein: 18g, Fat: 19g, Fiber: 9g, Sugar: 15g

Course: Breakfast Cuisine: American

Keyword: gluten free, healthy breakfast burrito, healthy breakfast recipes, roasted vegetable breakfast burrito

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<https://www.theroastedroot.net/roasted-veggie-and-avocado-breakfast-burritos/>

YIELD: 4 SERVINGS

Sheet Pan Gnocchi

one pan crispy baked gnocchi with roasted vegetables creates a delicious and easy to make meal topped with fresh basil and parmesan cheese

PREP TIME

5 minutes

COOK TIME

35 minutes

TOTAL TIME

40 minutes

Ingredients

- 1 pound potato gnocchi
- 2 colorful bell peppers, sliced
- 1 zucchini, sliced
- 1 onion, sliced
- 5 cloves garlic, minced
- 1 (8oz) container sliced mushrooms
- 1 (10oz) container cherry tomatoes (2 cups)
- 3 tablespoons olive oil
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon each salt & pepper
- 1 cup fresh basil, chopped
- 1/4 cup parmesan cheese, shredded



Instructions

1. Preheat oven to 450° F.
2. Add gnocchi, prepared vegetables, and olive oil to sheet pan. Toss to mix and coat.
3. Sprinkle salt, pepper, thyme, and rosemary on top of the gnocchi and vegetables. Transfer to oven.
4. Bake 15 minutes, then toss contents of the sheet pan.
5. Resume baking another 15-20 minutes until vegetables are tender and gnocchi is crispy. Top the gnocchi with parmesan cheese and fresh basil, serve immediately.

Nutrition Information: YIELD: 4 SERVING SIZE: 1

Amount Per Serving: CALORIES: 388 TOTAL FAT: 14g SATURATED FAT: 3g TRANS FAT: 0g UNSATURATED FAT: 10g
CHOLESTEROL: 39mg SODIUM: 134mg CARBOHYDRATES: 57g FIBER: 4g SUGAR: 5g PROTEIN: 11g

Nutritional data is automated, final nutritional information will depend on ingredients used and any changes made.