

FRESH FOOD AND NEW IDEAS, online

Piedmont Cancer Wellness Center

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RECIPE #1

CRANBERRY-WALNUT QUINOA with APPLE CIDER-DIJON VINAIGRETTE

(vegan, gluten free)

INGREDIENTS

1 cup uncooked tricolor quinoa- cook with 2 cups water or broth

2 cups green leafy vegetables (spinach, kale, arugula) (torn by hand into bite-sized pieces)

1/2 cup fresh cranberries (variation: gogi berries, raspberries, strawberries)

1/2 cup pan-toasted walnuts, chopped

other vegetables you may have on hand- carrots, celery, radishes

DRESSING

1/2 cup apple cider vinegar (with the Mother)

1/2 cup olive oil

2 tablespoons maple syrup/agave/honey (add last)

2 teaspoons dijon mustard

1 teaspoon vanilla

1 tsp cinnamon

salt and pepper to taste

Step One. Cook the quinoa by following the instructions on the package. Once it is cooked, let it cool and keep fluffing it with a fork.

Step Two. Mix all of the dressing ingredients in a canning jar or a blender. Pour over the cooled quinoa and mix so that the dressing is evenly coated over the quinoa.

Step Three. Toss in the spinach, cranberries and almonds. Add salt and pepper to taste.

RECIPE #2

COCONUT CURRY ROASTED BUTTERNUT / ACORN SQUASH SOUP

(vegan, gluten free, nut free)

INGREDIENTS

2-3 butternut and/or acorn squash (approximately 6 cups cooked down)

2 cups organic vegetable stock

1 cup coconut milk (optional, replace 1 cup stock)

1/4 cup olive oil

2 cloves garlic

1 small yellow onion

1/2 teaspoon ground nutmeg (less if fresh grated)

2 teaspoons ground cinnamon

1 teaspoon curry powder

1/2 teaspoon cumin

1/4 cup maple syrup (optional)

salt and pepper to taste

Step One. Wash the squash and cut it in half lengthwise. Remove the seeds. Coat with a little olive oil.

Step Two. Preheat the oven to 425°F. Place the cut side of the squash on the pan and roast for approximately 30-40 minutes or until a fork easily pierces the squash.

Step Three. Let the squash cool for approximately 20 minutes.

Step Four. Chop the garlic and small dice the onions.

Step Five. Heat the olive oil in a pan and toss in the garlic and onions. Let them sauté until they are soft and golden brown. Turn off the heat.

Step Six. Holding the squash in one hand, use a spoon and scoop out all of the flesh from the skin. Put the squash in a bowl.

Step Seven. Add the squash, vegetable stock and coconut milk (optional) into a blender. Blend until combined. Add the garlic, onion, nutmeg,

cinnamon, curry powder, cumin, maple syrup and salt and pepper to taste. Blend again completely mixed and creamy.

Step Eight. Heat the soup in a pot until the desired temperature is reached.

Step Nine. Top the soup with a sprinkle of curry powder and serve with a leafy green salad.

RECIPE #3

QUINOA STUFFED SQUASH

You already have the quinoa salad and you already have the squash! So just fill the roasted squash with the quinoa salad and have a different meal with the same ingredients.