

## 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.