



Harvest Time in the Heart of Illinois

Cancer Prevention Cooking Demonstration

November 17, 2015

Pumpkin Overnight Oats

Sweet Potato Lentil Chili

Sweet Kale Salad

Butternut Squash Lasagna

Beet Brownies



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Pumpkin Overnight Oats

Nutrition Facts

Serving Size: 1
Servings per Recipe: 1

Amount per serving:

Calories: 260
Fat Calories: 28

Total Fat: 3 g
Saturated Fat: 1 g
Cholesterol: 2 mg
Sodium: 57 mg
Total Carbohydrate: 50 g
Dietary Fiber: 5 g
Protein: 10 g
Calcium: 190 mg

Preparation time: 5 minutes

Cooking time: 1 minute

Ingredients:

- ½ cup rolled oats
- ½ cup milk
- 2 Tbsp pumpkin puree
- ½ tsp pumpkin pie spice
- 1 Tbsp maple syrup (more to taste)
- ¼ cup toppings like pumpkin seeds, raisins, pecans, cranberries (*optional*)

Directions:

1. Place oats, milk, pumpkin puree, pumpkin pie spice, and maple syrup in a container with a tight fitting lid (like a mason jar). Shake to combine. Place container in the fridge overnight.
2. Heat overnight oats in the morning (if desired). Taste and add more sweetener or spice to taste. Sprinkle with toppings (*optional*).



Reference: Recipe adapted from www.leelalicious.com



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Sweet Potato Lentil Chili

Nutrition Facts

Serving Size: 2 cups
Servings per Recipe: 10

Amount per serving:

Calories: 200
Fat Calories: 9

Total Fat: 1 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 453 mg
Total Carbohydrate: 37 g
Dietary Fiber: 14 g
Protein: 13 g
Calcium: 87 mg

Preparation time: 20-30 minutes

Cooking time: 20-30 minutes

Ingredients:

1 (32 oz.) container low sodium vegetable broth
1½ cups water
3 (14.5 oz.) cans diced tomatoes
1 (16 oz.) package dried lentils, rinsed
2 sweet potatoes, cubed
3 carrots, sliced
3 stalks celery, sliced
1 green pepper, sliced
1-2 cloves garlic, diced
Huge handful kale (*optional*)
2 Tbsp cumin
1 Tbsp cinnamon
1 Tbsp chili powder
1 tsp pepper
Hot sauce, to taste (*optional*)



Directions:

1. Add broth, water, tomatoes, and rinsed lentils into a large pot. Bring the mixture to a boil and let it simmer for about 10 minutes (to soften the lentils) while you're chopping the garlic, carrots, sweet potatoes, celery, and green pepper.
2. Throw the garlic, kale, carrots, and sweet potato into the simmering pot, followed about 5 minutes later by the celery, green pepper, and spices.
3. Let the mixture continue to simmer, stirring frequently, until it reaches the level of cooked consistency you prefer. This shouldn't take long (maybe 5 to 10 minutes more) — just make sure the carrots, sweet potatoes, and lentils are soft.
4. Serve as is, or top with extra marinara sauce, hot sauce, or salsa and cilantro (*optional*).

Reference: Recipe adapted from www.fannetasticfood.com/recipes/sweet-potato-lentil-chili

Sweet Kale Salad

Nutrition Facts

Serving Size: ½ cup

Servings per Recipe: 12

Amount per serving:

Calories: 156

Fat Calories: 117

Total Fat: 13 g

Saturated Fat: 2 g

Cholesterol: 3 mg

Sodium: 245 mg

Total Carbohydrate: 9 g

Dietary Fiber: 1 g

Protein: 2 g

Calcium: 52 mg

Preparation time: 15 minutes

Cooking time: none

Ingredients:

- 1 bunch kale
- 1 teaspoon salt
- 1/3 cup crumbled Feta cheese
- 1 cup pecans
- 1 cup apple, diced
- ½ cup red onion, diced
- ¼ cup Craisins
- ¼ cup raisins
- ½ cup olive oil
- 2 Tbsp red wine vinegar
- 1 tsp honey
- Juice from ½ of a lemon

Directions:

1. Wash kale and remove leaves from stems. Chop the kale into small pieces and put it in a big bowl.
2. Sprinkle the teaspoon of salt over the kale and massage it with your hands for a few minutes, until you notice the color turning darker green. Toss in pecans, apple, red onion, Craisins, and raisins.
3. In a small bowl, whisk together the olive oil, vinegar, lemon juice and honey. Pour over salad and toss until evenly coated with the dressing.
4. Sprinkle Feta cheese over the top and serve right away or let it marinate for 10-15 minutes prior to serving.



Reference: Recipe adapted from www.dietitincassie.com/summersalads

Butternut Squash Lasagna

Nutrition Facts

Serving Size: 1/6 of a pan
Servings per Recipe: 12

Amount per serving:

Calories: 371

Fat Calories: 72

Total Fat: 8 g

Saturated Fat: 3 g

Cholesterol: 46 mg

Sodium: 561 mg

Total Carbohydrate: 55 g

Dietary Fiber: 8 g

Protein: 22 g

Calcium: 197 mg

Preparation time: 15 minutes

Cooking time: 60 minutes

Ingredients:

- 1 Tbsp olive oil
- 3 cups onion, chopped
- 10 cups fresh spinach
- ¾ cup (3 oz) provolone cheese, shredded
- ½ cup fresh parsley, chopped
- ½ tsp ground black pepper
- 2 large eggs
- 2 (16 oz.) containers low-fat, low sodium cottage cheese
- 3 cups butternut squash, peeled and diced
- 2 (24-oz) jars lower sodium marinara
- 12 oven-ready, whole wheat lasagna noodles)



Directions:

1. Preheat oven to 375°.
2. Heat olive oil in a large skillet over medium-high heat. Add onion; sauté 4 minutes or until tender. Add spinach; sauté 1½ minutes or until it wilts.
3. Combine provolone, parsley, pepper, eggs, and cottage cheese in a large bowl.
4. Place squash in a microwave-safe bowl. Cover and cook on high 5 minutes or until tender.
5. In the bottom of each of 2 (8-inch-square) baking dishes, spread ½ cup marinara, arrange 2 noodles over marinara, and spread ¼ of the cheese mixture over noodles.
6. Arrange squash over cheese mixture, and spread ¾ cup marinara over the squash in each dish.
7. Arrange 2 noodles over marinara, spread remaining cheese mixture over the noodles, arrange onion mixture over cheese mixture, and spread ¾ cup marinara over spinach mixture in each dish.
8. Arrange 2 noodles over marinara, spread remaining marinara evenly over noodles, sprinkle with ½ cup Parmesan.
9. Cover each pan with foil. Bake at 375° for 30 minutes. Uncover and bake an additional 30 minutes. For best results, let the lasagna stand for about 5 minutes before cutting.

Reference: Recipe adapted from Cooking Light



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Unbeatable Beet Brownies

Nutrition Facts

Serving Size: 2" x 2" square

Servings per Recipe: 16

Amount per serving:

Calories: 165

Fat Calories: 77

Total Fat: 9 g

Saturated Fat: 5 g

Cholesterol: 37 mg

Sodium: 18 mg

Total Carbohydrate: 22 g

Dietary Fiber: 1 g

Protein: 2 g

Calcium: 10 mg

Preparation time: 10 minutes

Cooking time: 30 minutes

Ingredients:

- 2-3 medium beets, cooked and pureed (to equal 1 cup)
- ½ cup unsalted butter (1 stick), melted
- 1 cup sugar
- 1 tsp vanilla extract
- 2 large eggs
- ½ cup all-purpose flour (may substitute gluten-free or wheat flour)
- ⅓ cup unsweetened cocoa powder
- 2 Tbsp strong black coffee (*optional*)
- ½ cup chocolate chips

Directions:

1. Preheat oven to 350°F. Grease an 8 x 8" pan. Set aside.
2. Combine butter and sugar. Add eggs, vanilla, coffee, and beets.
3. Whisk dry ingredients: flour and cocoa powder. Fold in beet mixture. Add chocolate chips.
4. Pour into prepared pan. Bake 30 minutes or until toothpick in center comes out clean. Cool completely before cutting.



Reference: Recipe adapted from <http://www.earlymorningfarm.com/chocolate-beet-brownies/>