



Cancer Prevention Series

Nutrition Class Cooking Demo

Planning the Perfect Picnic

Today's Recipes:

- ***Roasted Garlic and Kale Hummus***
- ***Quinoa Fruit Salad***
- ***Parmesan Garlic Edamame***
- ***Avocado Turkey Roll Ups***
- ***Yogurt Cheesecake Parfait***

Tuesday, April 28th, 2015

12:00 Noon & 5:00 p.m.

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With Sharon Windsor, Registered Dietitian***

This program has been made possible, in part, by a grant from the Heart of Illinois United Way.



Roasted Garlic and Kale Hummus

Preparation Time: 40 minutes

Cooking Time: 20 minutes

Ingredients:

8 cloves garlic
1 can (15 oz) chick peas drained & rinsed
1 cup tightly packed kale leaves
2 lemons juiced
3 tablespoons water
¼ cup tahini
¼ cup olive oil
Salt to taste

Directions:

1. Preheat oven to 400 degrees.
2. Wrap the garlic cloves with skin on in aluminum foil and roast in oven for 20 minutes. Allow garlic to cool before peeling the skin off.
3. Add all ingredients to food processor and blend until smooth.

Nutrition Facts

Serving Size: ¼ cup

Servings per Recipe: 8

Amount per serving:

Calories: 180

Fat Calories: 109

Total Fat: 12 g

Saturated Fat: 1.6 g

Cholesterol: 0 mg

Sodium: 127 mg

Total Carbohydrate: 14 g

Dietary Fiber: 3.7 g

Protein: 5 g

Calcium: 42 mg



Reference: <http://ohmyveggies.com/roasted-garlic-kale-hummus-from-let-them-eat-kale/>

Quinoa Fruit Salad

Preparation Time: 5 minutes
Cooking Time: 20 minutes

Ingredients:

Salad

1 cup red quinoa
2 cups water
1 pinch of salt
1 ½ cup blueberries
1 ½ cup strawberries
1 ½ cup chopped mango
Extra chopped mint, for garnish

Dressing

Juice of 1 large lime
3 tablespoons honey
2 tablespoons finely chopped fresh mint

Directions:

1. Cook quinoa as directed on the box. Remove from heat and let quinoa cool to room temperature.
2. In a medium bowl, whisk the lime juice, honey, and mint together until combined.
3. In a large bowl, combine quinoa, blueberries, strawberries, kiwi, and mango. Pour honey lime dressing over the fruit salad and mix until well combined. Garnish with additional mint, if desired. Serve at room temperature or chilled.

Nutrition Facts

Serving Size: ½ cup
Servings per Recipe: 11

Amount per serving:

Calories: 70
Fat Calories: 5

Total Fat: 0.5 g
Saturated Fat: 0.1 g
Cholesterol: 0 mg
Sodium: 3.7 mg
Total Carbohydrate: 17 g
Dietary Fiber: 2 g
Protein: 1 g
Calcium: 11 mg



Parmesan Garlic Edamame

Preparation Time: 5 minutes
Cooking Time: 20 minutes

Ingredients:

1 package frozen shelled edamame
1 tablespoon olive oil
¼ cup grated parmesan cheese
¼ teaspoon garlic powder
¼ teaspoon salt
½ teaspoon pepper

Directions:

1. Preheat oven to 400 degrees.
2. Let frozen edamame thaw on the countertop. Dry on paper towel if necessary.
3. Mix parmesan cheese, garlic powder, salt and pepper in a bowl. In separate bowl, toss edamame with olive oil.
4. Add the parmesan-spice mixture to the edamame and toss until evenly coated.
5. Spread onto pan and bake for 15 minutes (until cheese is crispy). temperature or chilled.

Nutrition Facts

Serving Size: ½ cup
Servings per Recipe: 5

Amount per serving:

Calories: 141
Fat Calories: 74

Total Fat: 8 g
Saturated Fat: 1 g
Cholesterol: 4 mg
Sodium: 211 mg
Total Carbohydrate: 8 g
Dietary Fiber: 4 g
Protein: 10.3 g
Calcium: 96 mg



Reference: <http://pumpsandiron.com/2012/08/23/crispy-parmesan-garlic-edamame/>



Avocado Turkey Wrap-Ups

Preparation Time: 15 minutes

Cooking Time: None

Ingredients:

- 1 100% whole wheat tortilla (8 inch)
- 1 tablespoon herbed cream cheese
- ½ cup raw spinach
- 3 slices of turkey breast
- ¼ of an avocado sliced
- 6 slices of red pepper

Directions:

1. Spread tortilla with herbed cream cheese.
2. Lay down spinach, turkey, avocado, and bell peppers.
3. Roll the wrap and either cut in half or enjoy as sliced roll-ups.

Reference: Adopted from <http://recipevan.com/recipe>

Yogurt Cheesecake Parfait

Preparation Time: 15 minutes

Cooking Time: None

Ingredients:

2 (8 oz.) packages low fat cream cheese
1 cup fat free (thick) vanilla Greek yogurt
1/4 cup honey
2 tablespoon lemon juice
1 tablespoon vanilla extract
Pinch of salt

Directions:

1. Add all ingredients to a food processor or blender, and pulse to combine, scraping the edges of the bowl once or twice to be sure that all ingredients are blended.
2. Spoon about 2/3 cup of the mixture into each jar or serving dish on top of the granola crust.
3. Refrigerate for 2-3 hours until set.
4. Serve topped with berries, lemon zest, other desired toppings, or plain.

Nutrition Facts

Serving Size: ¼ cup cheesecake
Servings per Recipe: 12

Amount per serving:

Calories: 120
Fat Calories: 55

Total Fat: 6 g
Saturated Fat: 3 g
Cholesterol: 28 mg
Sodium: 13 mg
Total Carbohydrate: 2 g
Dietary Fiber: 0.1 g
Protein: 5 g
Calcium: 80

