

OSF DIETETIC INTERNS PRESENT:

Cancer Prevention Cooking Demo

Wednesday, November 17th at 12pm on
Facebook Live

FESTIVE FALL FRUIT SALAD
ROASTED VEGGIE THANKSGIVING BOWL
DARK CHOCOLATE PUMPKIN BARS

Festive Fall Fruit Salad



INGREDIENTS

- ½ package (6 ounce) fresh or frozen cranberries
- ½ cup water
- ¼ cup honey
- 2 Tbsp lemon juice
- 2 medium apples, diced (Granny smith and Honeycrisp)
- 2 medium firm banana, sliced
- 1 can (8 ounce) mandarin oranges, drained
- 1 cup fresh raspberries

DIRECTIONS

1. In a large saucepan, combine the cranberries, water, and honey. Cook and stir over medium heat until the berries pop, about 15 minutes, Remove from the heat; cool slightly and stir in lemon juice.
2. In a large bowl, combine prepared apples, bananas, mandarin oranges, and raspberries. Pour in cranberry mixture; stir gently. Refrigerate until serving.

Nutrition Facts

7 servings per container

Serving size 3/4 Cup

Amount Per Serving

Calories 120

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0.1g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 32g 12%

Dietary Fiber 4g 14%

Total Sugars 24g

Includes 0g Added Sugars 0%

Protein 1g 2%

Vitamin D 0mcg 0%

Calcium 13mg 0%

Iron 0.72mg 4%

Potassium 282mg 6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Roasted Veggie Thanksgiving Bowl



INGREDIENTS

Sweet Roasted Carrots:

2 large carrots, peeled, quartered & cut into 4" pieces
2 tablespoons olive oil
2 tablespoons light brown sugar

Garlic Roasted Veggies:

3 cups Brussels sprouts, trimmed and halved
3-4 cups broccoli florets (cut large)
6 cloves garlic, minced
3 tablespoons olive oil, divided
¼ teaspoon salt
¼ teaspoon Black pepper

Optional: Add cranberry sauce or roasted nuts on top of assembled bowl

Mashed Potatoes:

2 lbs yellow small potatoes
6 cups water
½ cup low-sodium vegetable broth
2 tablespoons margarine
¼ teaspoon oregano
¼ teaspoon thyme
¼ teaspoon salt

Gravy:

2 tablespoons olive oil
4 tablespoons flour
¾ teaspoon oregano
¾ teaspoon thyme
½ teaspoon garlic powder
½ teaspoon onion powder
2 cups low-sodium vegetable broth

DIRECTIONS

1. Preheat the oven to 425 degrees Fahrenheit. Line a large baking sheet with parchment paper.
2. In a medium sized bowl, mix together the carrots, olive oil, and brown sugar. Spread carrots onto 1/3 of the baking sheet.
3. In a large mixing bowl, mix together the Brussels sprouts, broccoli, olive oil, garlic, salt and pepper. Spread on the other 2/3 of the same baking sheet.
4. Bake vegetables for 20-30 minutes, flipping/stirring at the halfway point.
5. While roasting the vegetables, begin preparing your mashed potatoes and gravy.
6. For the mashed potatoes, wash the potatoes and add them whole, along with 6 cups of water, to a large pot. Bring to a boil over high heat and boil for 15 minutes or until tender.
7. Drain and mash potatoes and stir in vegetable broth, margarine, oregano, thyme and salt.
8. For the gravy, heat olive oil in a small saucepan over medium heat. Once hot, whisk in flour, oregano, thyme, garlic powder and onion powder. Gradually add in vegetable broth, whisking constantly to avoid lumps. Simmer for 3-5 minutes until desired consistency is reached (the gravy will thicken slightly as it cools).
9. Divide all ingredients into four and assemble in bowls.

Nutrition Facts

4 servings per container	
Serving size	1 bowl
Amount Per Serving	
Calories	570
	<small>% Daily Value*</small>
Total Fat 30g	38%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 760mg	33%
Total Carbohydrate 70g	25%
Dietary Fiber 10g	36%
Total Sugars 14g	
Includes 1g Added Sugars	2%
Protein 13g	26%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	





Dark Chocolate Pumpkin Bars

INGREDIENTS

- Cooking spray
- ½ cup pumpkin puree
- ½ cup lite maple syrup
- ½ cup creamy peanut butter
- 2 large eggs, Grade A
- ½ teaspoon vanilla extract
- ½ cup wheat flour
- 2 teaspoon pumpkin pie spice
- ¼ teaspoon baking powder
- ¼ teaspoon table salt
- ½ cup dark chocolate chips, plus more for sprinkling on top

DIRECTIONS

1. Preheat oven 350°F. Line an 8x8 inch baking dish and lightly grease with cooking spray.
2. In a large bowl, combine pumpkin puree, maple syrup, peanut butter, eggs, and vanilla; whisk until smooth.
3. In a separate bowl, combine flour, pumpkin pie spice, baking powder, and salt; stir with a whisk.
4. Combine wet ingredients into a bowl with dry ingredients; stir until just combined. Fold in chocolate chips using a rubber spatula.
5. Transfer mixture to prepared baking dish, and sprinkle extra chocolate chips over top, if desired.
6. Place the pan in the oven and bake for 30–33 minutes, or until a toothpick inserted in the center comes out mostly clean. Let cool in the pan for 30 minutes. Let cool completely before slicing into 16 squares.

Nutrition Facts

16 servings per container	
Serving size	2x2 inch square
Amount Per Serving	
Calories	120
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1.7g	9%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 60mg	3%
Total Carbohydrate 13g	5%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 3g Added Sugars	6%
Protein 3g	6%
Vitamin D 2.2mcg	10%
Calcium 13mg	0%
Iron 1.26mg	8%
Potassium 94mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

