

## Suggested Recipes from UNC Lineberger's Nutritionists

### Roasted Winter Squash and Apple Soup (Makes 4 servings)

#### Ingredients

1 large winter squash (about 2 1/2 pounds), such as butternut, buttercup or kabocha; peeled, seeded and cut into 2-inch pieces  
2 medium onions, peeled and quartered  
3 garlic cloves, peeled  
2 tart, firm apples, peeled, cored and quartered  
2 tablespoons extra-virgin olive oil  
Salt and red chile powder to taste  
4 to 5 cups vegetable broth

Preheat oven to 400 degrees. In a large roasting pan, toss the squash, onions, garlic and apples with the oil to coat. Season well with the salt and chile. Roast, stirring every 10 minutes, until the vegetables are fork tender and lightly browned, about 40 minutes.

Put half of the vegetables and 2 cups of the broth in a food processor and purée until smooth. Repeat with the remaining vegetables and broth. Return puréed mixture to the pot. If the soup is too thick, add more broth. Correct the seasoning and heat to a simmer.

Serve in warm bowls with dollops of cilantro-walnut pesto.

### Creamy Avocado and White Bean Wrap

#### Ingredients

2 tablespoons cider vinegar  
1 tablespoon canola oil  
2 teaspoons finely chopped canned chipotle chile in adobo sauce  
1/4 teaspoon salt  
2 cups shredded red cabbage  
1 medium carrot, shredded  
1/4 cup chopped fresh cilantro  
1 15-ounce can white beans, rinsed  
1 ripe avocado  
1/2 cup shredded sharp Cheddar cheese  
2 tablespoons minced red onion  
4 8- to 10-inch whole-wheat wraps, or tortillas

Whisk vinegar, oil, chipotle chile and salt in medium bowl. Add cabbage, carrot and cilantro; toss to combine.

Mash beans and avocado in another medium bowl with a potato masher or fork. Stir in cheese and onion.

To assemble the wraps, spread about 1/2 cup of the bean-avocado mixture onto a wrap (or tortilla) and top with about 2/3 cup of cabbage-carrot slaw. Roll up. Repeat with remaining ingredients. Cut the wraps in half to serve, if desired.

For more information, visit [unclineberger.org/nutrition](http://unclineberger.org/nutrition) or contact Jennifer and Mandy.

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Makes 4 Servings

#### Per serving:

346 calories, 17 g fat (4 g sat , 9 g mono), 15 mg cholesterol, 44 g carbohydrates, 12 g protein, 13 g fiber, 462 mg sodium, 491 mg potassium

*Recipe courtesy of Eatingwell.com*

## Cauliflower-and-Apple Salad

### Ingredients

2 tablespoons extra-virgin olive oil  
2 tablespoons cider vinegar  
1 small head cauliflower  
2 thinly sliced Gala apples  
3/4 cup torn fresh mint leaves  
Salt and pepper, as desired

Makes 4 Servings

### Per serving:

146 calories, 7 g fat (1 g saturated fat), 3 g protein, 20 g carbohydrates, 4 g fiber

*Recipe courtesy of Everyday Food*

In a large bowl, whisk together extra-virgin olive oil and cider vinegar; season with salt and pepper. With a mandoline or sharp knife, shave cauliflower into thin slices. Add to dressing along with apples and mint, then toss.

## Cilantro-Walnut Pesto

### Ingredients

1 cup walnut pieces  
2 cups cilantro leaves, washed, drained and stemmed  
1 green jalapeño pepper, seeded and chopped  
1 teaspoon salt, or to taste  
2 tablespoons cider vinegar

### Per serving:

274 Calories, 8 g total fat (1g saturated fat), 17 g protein, 40 g carbohydrate, 0 mg cholesterol, 11 g Fiber

*Recipe courtesy of The Healthy Kitchen - Recipes for a Better Body, Life, and Spirit by Andrew Weil, M.D and Rosie Daley (Knopf)*

Put the walnuts in a food processor and grind them fine.

Add the cilantro, jalapeño pepper, salt, vinegar and 2 to 3 tablespoons of water and blend. Blend in a little more water if necessary to make a thick sauce. Taste and correct the seasoning, adding more salt if necessary.

## Quinoa-and-Apple Salad with Curry Dressing

### Ingredients

1/4 cup raw whole almonds  
1 cup white quinoa  
1 teaspoon honey  
1 tablespoon finely chopped shallot  
1 teaspoon curry powder  
1/4 teaspoon coarse salt  
2 tablespoons fresh lemon juice  
Freshly ground pepper  
2 tablespoons extra-virgin olive oil  
2 tablespoons dried currants  
1 small Honey Crisp apple (or your choice), cut into 1/8-inch-thick wedges  
1/4 cup loosely packed fresh mint leaves, coarsely chopped, plus more for garnish

Makes 4 servings

### Per serving:

304 calories, 14 g fat, 0 mg cholesterol, 38 g carbohydrate, 154 mg sodium, 8 g protein, 5 g fiber

*Recipe courtesy of Martha Stewart Living*

Preheat oven to 375 degrees. Spread almonds on a rimmed baking sheet; toast in oven until lightly toasted and fragrant, about 7 minutes. Let cool; coarsely chop nuts. Rinse quinoa thoroughly in a fine sieve; drain.

Bring 2 cups water to a boil in a medium saucepan. Add quinoa; return to a boil. Stir quinoa; cover, and reduce heat. Simmer until quinoa is tender but still chewy, about 15 minutes. Fluff quinoa with a fork; let cool.

Whisk together honey, shallot, curry powder, salt, and lemon juice in a large bowl. Season with pepper. Whisking constantly, pour in oil in a slow, steady stream; whisk until dressing is emulsified. Add quinoa, currants, apple, mint, and nuts; toss well. Garnish with mint.

## Lentil Hummus

### Ingredients

1 cup brown or green lentils  
1/4 cup cashew butter \*  
1/4cup plus 2 tablespoons fresh lemon juice (from 2 large lemons)  
1/2teaspoon finely grated garlic  
1/2 teaspoon hot sauce  
Coarse salt  
3 teaspoons extra-virgin olive oil  
1 1/2 tablespoons fresh flat-leaf parsley leaves

**Makes** 2 ½ cups **Serving Size** ¼ cup

### Per serving

230 calories, 1.5 g saturated fat, 5 g unsaturated fat, 0 mg cholesterol, 34 g carbohydrate, 288 mg sodium, 12 g protein, 5.5 g fiber

*Recipe courtesy of Martha Stewart Living*

Bring 8 cups water to a boil in a medium saucepan. Add lentils, and reduce heat. Cover with a round of parchment, and gently simmer until tender, about 30 minutes. Drain lentils, and let cool completely, about 30 minutes. (Lentils can be made 1 day ahead and refrigerated.)

Place cashew butter, lemon juice, garlic, hot sauce, and 1 teaspoon salt in food processor, and process until combined. Add lentils, and process until smooth, about 2 minutes. With motor running, add 2 teaspoons oil, and process until incorporated. Transfer to a bowl, and chill if desired. Drizzle with remaining oil, garnish with parsley.

\* If you prefer, may substitute any nut butter.

## Morning Green Smoothie

### Ingredients

4 kale leaves  
1 handful spinach  
1 cup frozen blueberries  
2 Tbs chia seeds  
1 Tbs almond butter (other nut butters can be substituted)  
1/2 avocado  
1 cup water (or 100% fruit juice)  
1 tsp honey or agave nectar  
2-3 ice cubes

Combine ingredients in blender and blend until smooth.

*Recipe courtesy of [www.beautypaletteblog.com](http://www.beautypaletteblog.com)*

## Cranberry Sweet Potato Bread

### Ingredients

Canola oil spray  
2 large eggs  
3/4 cup light brown sugar, firmly packed  
1/3 cup canola oil  
1 cup mashed sweet potatoes, fresh baked or canned without syrup  
1 tsp. vanilla extract

**Makes** 16 servings

### Per serving:

160 calories, 5 g total fat (<1 g saturated fat), 26 g carbohydrate, 2 g protein, 1 g dietary fiber, 130 mg sodium.

*Recipe courtesy of the American Institute of Cancer Research*

1/2 tsp. orange extract  
1 cup all-purpose flour  
1/2 cup whole-wheat flour  
1/2 tsp. cinnamon  
1/2 tsp. nutmeg  
1/2 tsp. allspice or mace (optional)  
1/4 tsp. salt  
1 tsp. baking soda  
1 cup chopped dried unsweetened cranberries

Preheat oven to 350 degrees. Lightly coat a standard loaf pan (8x4 or 9x5-inch) with canola spray and set aside.

In a medium bowl, whisk eggs, sugar, oil, sweet potatoes and extracts until well combined.

In a large bowl, sift together flour, spices, salt and baking soda. Make a well in the center of the dry mixture and add the wet sweet potato mixture. Mix until just moistened; do not over-mix or beat batter until smooth. Gently stir in cranberries.

Bake 50 to 60 minutes, or until tester comes out clean.

Remove bread from oven and allow to cool 10 minutes on rack.

Remove from pan and set back on rack to completely cool. Seal bread tightly in plastic wrap, then foil. Tightly wrapped in both, it can be refrigerated up to one week or frozen up to one month.

## Greek Yogurt Dessert with Agave Nectar and Shaved Dark Chocolate

### Ingredients

10 oz. plain Greek yogurt, lowfat or fat free  
2 T Hazelnut Flavored Agave Nectar (or use regular amber agave)  
4 tsp. shaved dark chocolate (look for dark chocolate with the lowest amount of sugar you can find)

**Makes 2 servings**

*Recipe courtesy of [KalynsKitchen.com](http://KalynsKitchen.com)*

Use a cheese grater or microplane grater to shave 4 tsp. dark chocolate into a small bowl. Divide Greek yogurt into two bowls. Drizzle 1 T Agave Nectar (try Hazelnut Flavored Agave Nectar) over each bowl of yogurt. Sprinkle 2 tsp. shaved dark chocolate over the top and serve.

## Spiced Pomegranate Sparkler

### Ingredients

1 cup pomegranate juice  
1 stick cinnamon  
2 cups sparkling mineral water  
Frozen whole cranberries

**Makes 2 servings**

*Recipe courtesy of [Martha Stewart Living](http://MarthaStewartLiving.com)*

In a small saucepan, heat pomegranate juice to near boiling, add cinnamon stick, and simmer for 10 minutes.

Remove from heat and allow to cool completely, at least one hour.

Remove cinnamon stick. Divide the spiced juice between 2 tall glasses; add 1 cup sparkling mineral water to each glass. Stir, add ice, and serve with a garnish of frozen cranberries.