

SPEGHETTI WITH SPICY TOMATO AND OLIVE SAUCE

By: American Cancer Society
New Healthy Eating Cookbook

PREP TIME

45 mins

COOK TIME

1 hour

SERVINGS

4

INGREDIENTS

- 8 Oz whole wheat spaghetti or other pasta
- 2 tbsp olive oil
- 4 garlic cloves, minced
- 1 tsp crushed red pepper, or to taste
- 1 can diced tomato
- salt and pepper
- 1 tbsp anchovy paste or 2 anchovy fillets, drained and chopped
- 1 tsp dried oregano
- 1/4 cup capers, drained
- 15 pitted kalamata olives, chopped
- 1/4 cup freshly grated parmesan cheese



INSTRUCTIONS

Prepare the spaghetti according to the package directions for al dente (just firm). Meanwhile in a large skillet over medium heat, add the oil. Sauté the garlic and red pepper flakes for a minute. Add the tomatoes and their juice, anchovy paste, oregano, and basil and bring to a boil. Reduce the heat and simmer for 15 minutes, or until thickened, stirring occasionally. Add the capers and olives and simmer for 1 minute. If there's room in the skillet, add the pasta to the sauce and stir to combine. If not, place the pasta in a bowl and add the sauce. Season with salt and pepper and additional red pepper flakes, if desired. Top with the cheese.

Simple Seedy Slaw

By: Cookie and Kate

PREP TIME

15 mins

COOK TIME

5

SERVINGS

4 - 6

INGREDIENTS

- 2 cups finely sliced purple cabbage (one small cabbage will be more than plenty)
- 2 cups finely sliced green cabbage (one small cabbage will be more than plenty)
- 2 cups shredded carrots
- ¼ cup chopped fresh parsley
- Up to ¾ cup mixed seeds (Mostly pepitas—AKA green pumpkin seeds—and sunflower seeds, with some sesame seeds and poppy seeds)

Lemon dressing

- ¼ cup olive oil
- 2 to 3 tablespoons lemon juice, to taste
- 1 clove garlic, pressed or minced
- ½ teaspoon ground cumin
- ½ teaspoon salt

INSTRUCTIONS

- In a medium serving bowl, combine the prepared purple and green cabbage, carrots and parsley. Set aside.
- Measure out your seeds into a small skillet. Toast over medium heat, stirring frequently, until the seeds are fragrant and the pepitas are starting to make little popping noises. Pour the toasted seeds into the mixing bowl and toss to combine.
- To make the dressing, in a small bowl, combine the olive oil with 2 tablespoons lemon juice. Add the garlic, cumin and salt and whisk until thoroughly blended.
- Drizzle the dressing over the slaw and toss until all of the ingredients are lightly coated in dressing. Taste and add an additional tablespoon of lemon juice if the slaw needs a little more zip. Serve immediately or cover and refrigerate to marinate for up to several hours.



Matcha Chia Pudding

By: Andrew Olson

Ingredients

- 2 tablespoons chia seeds
- 1 cup almond milk
- 1 tablespoon rolled oats
- 1 tablespoon lemon juice
- 1-2 tablespoons maple syrup
- 1 teaspoon vanilla
- 1/2 teaspoon matcha powder

Instructions

- Measure one tablespoon of the chia seeds into a blender along with all the other ingredients – almond milk (or your favorite non-dairy milk), rolled oats, lemon juice, maple syrup (to taste), vanilla, and the matcha powder.
- Transfer the pudding to a bowl and now stir in the other tablespoon of whole chia seeds. Place in the refrigerator, covered with plastic wrap, for at least 3 hours until it gels into the perfect pudding consistency.
- To serve, top with a dusting of matcha powder and a drizzle of maple syrup.

