

Co-Managing the Thriving Oncology Patient

by Chef Nancy Waldeck and Shayna Komar, RD

Tomato Sauce with Oregano

2 tbsp olive oil

1 medium red onion, sliced

1 cup dry red wine (Chianti or Pinot Noir)

2, 15 oz cans fire roasted tomatoes

1 tbsp dried oregano

Sea salt and black pepper, to taste

Chopped fresh oregano for garnish

Grated parmesan for garnish (optional)



Step One: Heat the oil in a sauté pan and cook the onion over medium heat until soft.

Step Two: Add the wine and simmer for five minutes.

Step Three: Add the tomatoes, oregano and a sprinkle of salt and pepper, cook over medium heat for 30-45 minutes, or until the sauce thickens. Garnish with oregano and parmesan if desired.

Strawberry Mint Salad Dressing

8 ounces strawberries, stems removed

1 small shallot, peeled

6 mint leaves

2 tbsp lemon juice

2 tbsp orange juice

1 tsp orange zest

¼ cup extra virgin olive oil

Sea salt and freshly-cracked black pepper, to taste



Place all the ingredients in a blender and puree. Season to taste with salt and pepper. Serve over fruit salad or baby lettuces with a sprinkling of goat cheese if desired.

The Friday 4

4
FRESH
IDEAS
YOU CAN
ENJOY IN
4
MINUTES
OR
LESS



1 Quick Recipe: Crunchy, Yummy Little Treats that are Better-for-You!

Crunchy Orange Oatmeal Cookies

2 1/4 Cups Plain Rolled Oatmeal
3 TBs Fresh Orange Juice
Zest of an Orange

1/2 Tsp Baking Powder
1/2 Tsp Baking Soda
1/4 Tsp Fine Sea Salt
1/4 Tsp Freshly Grated Nutmeg
1/4 Tsp Cinnamon
1 Cup Whole Wheat Pastry Flour
3 TBs Unsalted Butter, Softened
3 TBs Canola Oil

3/4 Cup Dark Brown Sugar - *Packed
1 Large Egg White
2 Tsp Vanilla Extract
1/4 Cup Raw Sugar
Preheat the oven to 350F. Prepare 2

baking sheets with parchment paper or Pam. Makes about 32 cookies.

Step One Stir together the Oats, OJ and Zest in a bowl and set aside.

Step Two Stir together the next 7 ingredients - from the Baking Powder through the Flour. Set Aside.

Step Three With a mixer, beat the Butter and Oil until well blended.

Add the Brown Sugar, Egg White and Vanilla. Beat until smooth. Beat in the Flour mixture - and then stir in the Oatmeal mixture.

Step Four Pitch off and roll the cookie dough into 1 inch balls. Flatten them with a glass dipped in the Raw Sugar. Bake the cookies for 8-10 minutes.

2 Kitchen Smidgen

*Do you know how to measure Brown Sugar correctly? It has lots of moisture, so it should be measured by packing it into a cup, then leveling off the top with the back of a knife. When you empty the cup, the sugar should stay in the shape of the cup.

3 Get Creative

Orange Zest and Juice are great natural ingredients that add lots of sweet flavor - without adding additional sugar. Next time your baked good is a little blah - add the zest of an orange to your recipe. You will be surprised how amazingly good it will taste!

4 WINE of the Week

Rivata Moscato d' Asti
Piedmont, Italy

About \$14.00

Orange Cookies and Moscato? A Match made in heaven. Italy, France, Greece, Spain, Australia and California all grow this grape - one of the oldest known to mankind. Sometimes sparkly, sometimes still, it's the perfect dessert wine with all kinds of sweet fruit treats. This one, from Italy is full of peachy-grapey-musky aromas with a soft, luscious, sparkly peach and honey flavor.