



Chef's Table

October 2026

This booklet belongs to:

Recipes and cooking demonstration
provided by:



Metropolitan Community College
**INSTITUTE FOR THE
CULINARY ARTS**

Nutritional lecture and information
provided by:



METHODIST
ESTABROOK CANCER CENTER

Agenda

- Welcome from Project Pink'd
- Introductions and overview
- Nutrition lecture, cooking demonstrations and meal service
 - Health benefits of ingredients
 - Chef-presented recipes
 - Appetizers
 - Spiced Apple Pomegranate Mocktail
 - Herb-Roasted Crispy Chickpeas
 - Hummus with Crudités
 - Soup
 - Carrot-Ginger Potage
 - Main Course
 - *Pan-Seared Branzino
 - *Briam
 - *Warm Farro and Arugula Salad
 - Herbed Tzatziki Sauce
 - Dessert
 - Granola-Stuffed Apples with Frozen Greek Yogurt
- Q&A, evaluations, and closing remarks

*Ingredients for these dishes will be provided to attendees to practice the lessons at home.

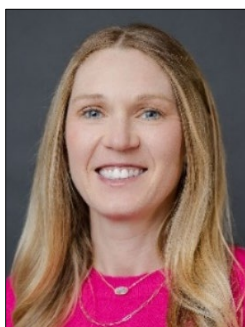
Your Hosts



Beth O'Brien

Program Manager, Project Pink'd

Beth is a 9-year breast cancer survivor and understands first-hand the challenges that come with a breast cancer diagnosis. With a background in marketing, communications and community engagement, she is passionate about creating meaningful programs, connections and resources that support survivors throughout their cancer journey. Through her own experience, Beth is committed to helping others feel supported, empowered and less alone along the way.



Krista Skar, MS, RDN, LMNT

Oncology Nutrition Dietitian

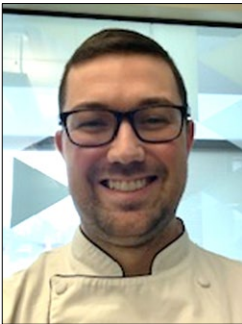
A Registered Dietitian for 20 years, I hold a Master of Science in Nutrition and am a Licensed Medical Nutrition Therapist. Oncology nutrition holds a special place in my heart after losing my grandmother to pancreatic cancer. I love helping people meet their nutrition goals, experimenting with recipes, staying active, and spending time with my family. I'm excited to return to Project Pink'd Chef's Table!



Michelle Spink RD, LMNT

MECC Oncology Dietitian

Michelle is a dietitian with a decade of experience in oncology, she is dedicated to supporting patients through their cancer journey with compassionate and evidenced based nutrition care. She enjoys getting to know each patient, understanding their unique needs and empowering them with the tools to nourish their bodies during treatment and beyond.



Doug Chrisman

Chef Instructor, Institute for the Culinary Arts

Doug Chrisman has been cooking professionally since high school, throughout a wide array of foodservice sectors. In August of 2022, an opportunity came to join the team of full-time faculty at the Institute for the Culinary Arts at Metropolitan Community College. At the ICA he teaches a variety of courses while nurturing a passion for helping students harness their full potential.

Apple Pomegranate Mocktail

Yield: 1 mocktail

Ingredients

3 ounces	100% pomegranate juice (chilled)
1½ ounces	apple juice or sparkling apple cider
1½ ounces	maple syrup or honey (optional, for sweetness)
1 teaspoon	fresh lemon juice
2 ounces	sparkling water, club soda, or ginger beer
1 tablespoon	Fresh pomegranate seeds

Instructions

1. Add the pomegranate juice, apple juice, maple syrup, and lemon juice to a glass filled with ice.
2. Stir the mixture with a spoon.
3. Top off the glass with sparkling water or club soda for bubbles.
4. Garnish with fresh pomegranate seeds.

Nutritional Impact

- Pomegranates have high antioxidant content from polyphenols, anthocyanins – which are free radical scavengers, protecting body from oxidative stress and decreasing inflammation.
- Consume pomegranate in its pure, unsweetened form in 4-ounce servings to avoid extra sugar.

Herb-Roasted Crispy Chickpeas

Yield: 4 cups

Oven: 400°F

Ingredients

- 2 15-ounce cans chickpeas, drained, rinsed, and patted dry
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons finely chopped fresh rosemary
- 1 tablespoon kosher salt
- 1 teaspoon garlic powder
- 1 teaspoon black pepper

Instructions

1. To ensure maximum crunch of the finished product, make sure chickpeas have been patted thoroughly dry with a clean towel.
2. In a medium bowl, toss the dried chickpeas with olive oil, salt, pepper, and garlic powder until evenly coated.
3. Roast in preheated oven on a baking sheet for 30 minutes until dried and crispy, shaking the pan halfway through.
4. Add the fresh rosemary during the last 8 to 10 minutes of baking.

Hummus with Crudités

Yield: 2 cups

Ingredients

1½ cups	cooked chickpeas, drained and rinsed
⅓ cup	smooth tahini
2 tablespoons	extra-virgin olive oil
2 tablespoons	fresh lemon juice, plus more to taste
2-3 cloves	garlic
½ teaspoon	sea salt
5 tablespoons	water (more as needed to blend)
as needed	assorted chopped or sliced vegetables, crackers or pita

Instructions

1. In a high-speed blender, place the chickpeas, tahini, olive oil, lemon juice, garlic, and salt. Use the blender baton to blend until very smooth, adding water as needed to blend, and/or to reach desired consistency.
2. Taste and adjust seasonings as needed.
3. Serve with assorted vegetables, crackers, or pita.

Nutritional Impact

- Hummus (made with chickpeas) has more protein and healthier fat ingredients than some traditional dips. Increasing overall protein intake (with dips like hummus) can aid in satiety.
- Hummus is also good for increasing vegetable and fiber intake by pairing it with raw veggies such as carrots, cucumber, celery, tomatoes, or peppers.
- It can also be used in place of higher calorie spreads or dressings on salads, wraps, or sandwiches.

Carrot-Ginger Potage

Yield: 4 servings

Ingredients

¼ cup	unsalted butter
1 pound	carrots, peeled, chopped
1 each	medium onion, chopped
As needed	Kosher salt and freshly ground black pepper
1 tablespoon	ginger, chopped
2 cups	vegetable stock
1 13.5-ounce can	unsweetened coconut milk
1 tablespoon	red chili flake
2 each	oranges, juiced
as desired	cilantro
as desired	scallions

Instructions

1. In a large saucepan over medium-high heat, melt butter. Add carrots and onion, season with salt and pepper, and cook, stirring often, until carrots are softened, 15–20 minutes.
2. Add ginger and sweat for about 2 minutes.
3. Stir in broth, coconut milk, and chili flakes. Bring to a boil, reduce heat, and simmer, stirring occasionally, until vegetables are very soft and the liquid is slightly reduced, 40–45 minutes.

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Nutritional Impact

Carrots are rich in:

- beta carotene (Vitamin A), which supports healthy vision
- fiber to keep you full longer
- antioxidants to support immune function

Ginger:

- contains natural compounds with anti-inflammatory properties
- can help with nausea and digestion (a comforting option when you are experiencing treatment side effects)

4. Let soup cool slightly, then purée in a blender until smooth.
5. Reheat in a clean saucepan, thinning with water to desired consistency; season with orange juice, salt, and pepper.
6. Divide soup among bowls, top with cilantro and scallions.

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*Warm Farro & Arugula Salad

Yield: 4 servings

Ingredients

½ each	yellow onion, diced (about ½ cup)
2 tablespoons	olive oil, divided
to taste	kosher salt
1 cup	dry farro
2 cups	baby arugula
1 cup	cherry tomatoes, halved
2 each	green onions, trimmed and chopped
1 each	bell pepper (any color), cored and chopped
¾ cup	walnut halves/pieces
½ cup	each of chopped fresh parsley, mint, and dill
to taste	lemon juice
to taste	feta cheese

Instructions

***You'll get ingredients to make this at home!**

1. Cook the farro.
 - a. Sweat the onions in 1 tablespoon of olive oil.
 - b. Into the onions, add 3 cups of water seasoned with kosher salt to a boil.
 - c. Add the farro, bring to simmer, then lower the heat to medium. Simmer for 20 to 30 minutes. The farro will have absorbed much of the water but use a sieve to fully drain.
 - d. Spread the farro on a tray or sheet pan and pat dry with a paper towel.
2. Toss the salad together.
 - a. In a mixing bowl, combine the farro (still somewhat warm) with the arugula, tomatoes, onions, peppers, walnuts, and fresh herbs.
Add fresh squeezed lemon juice and olive oil, then toss well. Taste and adjust seasoning. Finish with a sprinkle of feta cheese to your liking.

Herbed Tzatziki Sauce

Yield: 4 servings

Ingredients

- | | | |
|----|-------------|--|
| 6 | tablespoons | fresh herbs (flat-leaf parsley, mint, chives, dill),
rinsed, dried and finely chopped |
| 1 | each | small shallot, finely chopped |
| | to taste | salt and pepper |
| 1 | tablespoon | tahini paste |
| 1 | teaspoon | ground cumin |
| ½ | each | fresh lemon, juiced |
| 4½ | ounces | plain Greek yogurt |
| 2 | ounces | extra-virgin olive oil |

Instructions

1. Place the chopped herbs in the bowl of a blender.
2. Add finely chopped shallot to the bowl.
3. Add salt, pepper, tahini, cumin and lemon juice. Blend everything together.
4. Add the yogurt and blend again until the mixture is smooth.
5. Serve in a bowl and keep chilled until ready to serve.

*Pan-Seared Branzino

Yield: 1 serving

Ingredients

- | | | |
|---|-------------|--|
| 2 | tablespoons | extra-virgin olive oil |
| 1 | each | 4-ounce branzino filet, seasoned and set aside |
| | to taste | salt and pepper |
| ½ | each | lemon, juiced (optional) |

Instructions

***You'll get ingredients to make this or briam at home!**

1. Preheat a sauté pan over medium high heat until it is hot.
2. Add the oil to the preheated pan. The oil should just coat the bottom of the pan with a thin layer and should “shimmer” when ready for cooking.
3. Add the fish, presentation side down.
4. Cook the fish for 2-3 minutes on the first side until a golden crust begins to form on the side touching the hot pan, and the fish moves freely when jiggled.
5. Use an offset spatula to flip the fish in the pan to the other side and cook for an additional 1-2 minutes.
6. Remove the fish from the pan, using the offset spatula and allow excess oil to drain from the fish. Place on plate with presentation side up.
7. Squeeze a cut lemon onto the fish for extra layer of seasoning.

Benefits of branzino: High in protein, low in fat

Branzino is high in:

- 13

*Briam

Yield: 4 servings

Oven: 300°F

Ingredients

1	each	medium zucchini, cut into large wedges
3	each	red potatoes, peeled and cut into large wedges
2	each	red bell peppers, cut into fourths, pith removed
2	each	medium tomatoes, peeled and diced
1	each	red onion, cut into large pieces
3	cloves	garlic, chopped
½	bunch	fresh parsley, washed and chopped
¼	cup	fresh basil, washed and chopped
½	bunch	fresh dill, washed and chopped
½	tablespoon	salt
¼	tablespoon	black pepper
1	tablespoon	dried oregano
1	teaspoon	dried rosemary
1	teaspoon	dried thyme
1	tablespoon	tomato paste
	as needed	extra-virgin olive oil (about 2 quarts on average)

Instructions

***You'll get ingredients to make this or the branzino at home!**

1. In a large, heavy-sided roasting pan, add everything down to tomato paste on the list. Season and toss to combine.
2. Into the stirred vegetables, pour olive oil until it covers the top of the veggies.
3. Cover tightly with a heavy lid, or wrap with oven-safe parchment paper (not wax paper) and then aluminum foil and place into a preheated 300° F oven. Cook until the vegetables are soft and fragrant—about 3 hours.
4. Remove from the pan and drizzle with the cooking oil.

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Granola-Stuffed Apples with Frozen Greek Yogurt

Yield: 4 servings

Ingredients

- | | | |
|---|-------------|---|
| 2 | each | apples, halved and cored/seeded |
| 1 | cup | granola, any kind |
| ¼ | cup | honey |
| 2 | tablespoons | unsalted butter, melted |
| 1 | teaspoon | vanilla bean paste (or vanilla extract) |
| ¾ | teaspoon | ground cinnamon |

Instructions

1. Preheat oven to 350°F. Lightly grease a 9×13-inch baking dish with non-stick cooking spray.
2. Carefully scoop out apple flesh, leaving about ¼ inch apple shell left in skin. Set apples in prepared dish.
3. In a medium bowl, stir together granola, honey, melted butter, vanilla extract, and cinnamon.
4. Spoon mixture into apple halves. Cover dish with aluminum foil and bake for 20 minutes. Remove foil and bake for another 15-20 minutes, or until apples are tender.
5. Remove from oven and let cool slightly. Serve with a scoop of your favorite frozen Greek yogurt.

Nutritional Impact

- This is a higher fiber dessert, containing the same benefits as farro with slower digestion and B vitamins.
- Frozen Greek yogurt has higher protein and less sugar than ice cream. Active cultures from probiotics naturally found in yogurt ease digestion when compared to ice cream.

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Exercise Plays a Role in Cancer Prevention and Survivorship



American Institute
for Cancer
Research:
**Evidence-Based
Lifestyle
Guidance for
Breast Cancer
Survivors**

A minimum of 150 minutes per week is recommended to reduce cancer risk.

- That breaks down to 30 minutes of moderate activity, five days a week.
- These minutes can be obtained throughout the day by walking the dog, taking the stairs, walking, gardening, or doing an exercise class.
- The key is finding a movement you enjoy!

What are two takeaways that you will remember from this class?

What feedback would you share with the Chef Instructor, Doug Chrisman?

What feedback would you share with the Dietitian?

☐ Krista Skar (Wed., Oct. 7)

☐ Michelle Sprink (Thurs., Oct. 8)

What feedback would you share about the food served in the room?

Strongly Disagree 1 2 3 4 5 Strongly Agree

Strongly Disagree 1 2 3 4 5 Strongly Agree

Strongly Disagree 1 2 3 4 5 Strongly Agree

Strongly Disagree 1 2 3 4 5 Strongly Agree

Strongly Disagree 1 2 3 4 5 Strongly Agree

Project Pink'd: Chef's Table | October 7 or 8, 2026

Cancer Prevention Information



AICR.org

Thanks to the partners who made this evening possible:



Share your photos with us!



JotForm –
**Share photos
with no log-in!**

When you make these recipes at home, take photos of your process, your plate, or your meal companions.

Share the photos with us via the QR Code.

You don't need to create an account nor password. And we would LOVE to see your success!



Metropolitan Community College
**INSTITUTE FOR THE
CULINARY ARTS**

The Institute for the Culinary Arts supports
many Open Kitchen Workshops,
which are non-credit
Community Education classes
like this one.

You can register for other Workshops at:

mccneb.edu/CE

Scan the QR Code to find
Culinary Classes

