



Chef's Table

April 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 & Overview

Nutrition Lecture, Cooking Demonstrations and Meal Service

- Health benefits of ingredients
- Chef-presented recipes
 - Appetizers: Blueberry Faux-jito, Spinach Artichoke Dip, Crispy Chickpeas
 - Entrée: Honey-Glazed Chicken or Salmon with Farro Risotto and blanched vegetables
 - Dessert: Pineapple Maple Parfait

Q&A, Evaluations, and Closing Remarks

Your Hosts



Shawn Garza

Executive Director, Project Pink'd

Shawn has worn many hats within Project Pink'd—but this one is her favorite. Supporting breast cancer survivors is deeply personal; her mother passed away from metastatic breast cancer at a young age. By dedicating her days to a mission that uplifts survivors in Nebraska and Western Iowa, Shawn feels she is honoring her mom's legacy in the most meaningful way.



Gina Woodruff RD, CSO, LMNT

Oncology Dietitian; meccrds@nmhs.org

Gina Woodruff is a registered dietitian and licensed medical nutrition therapist specializing in oncology nutrition. Whether working with patients before, during or after their cancer treatments, Woodruff strives to go above and beyond for them and their families. Gina has been with Methodist Estabrook Cancer Center for over seven years and is happy to be a returning presenter for Project Pink'd Chef's Table.



Doug Chrisman

Chef Instructor

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 instructors at the Institute for Culinary Arts at Metropolitan Community College. At the ICA he is teaching a variety of courses while nurturing a passion for helping students harness their full potential.

Chefs **Amanda Sheeler** and **Doug Chrisman**, who are both faculty members at the Institute for the Culinary Arts, developed the recipes for this evening.

Chef d' Cuisine **Danny Flores** / **Chef Casey Craven** have prepared the meal tonight.

laboratory manual 1

Blueberry Faux-jito

Yield | 4 — 8oz servings

Ingredients

1	tablespoon	sugar, granulated
¼	cup	mint leaves, fresh
2	tablespoons	lime juice
1	cup	blueberries, fresh
1	cup + extra	ice
28	fluid ounces	club soda, chilled, divided
4	each	lime wedge garnish (optional)
4	each	mint sprig, garnish (optional)

Instructions

1. Into a glass, add the granulated sugar, mint leaves, and lime juice.
2. Using a drink muddler, crush the ingredients together until the mint breaks down.
3. Add the blueberries to the sugar, mint, and lime juice, and muddle again until all ingredients are crushed together.
4. Into the glass, add a few ice cubes and fill about half full with club soda. Gently stir to combine all ingredients.
5. Top each glass with additional club soda, and garnish with a lime wedge and mint sprig.

Crispy Chickpeas

Yield | 4 — ½ cup servings

Bake | 350° F

Ingredients

15 ounces	chickpeas, canned, drained *reserve liquid for Maple Aquafaba*
1 tablespoon	avocado oil
to taste	kosher salt
to taste	nutritional yeast

Instructions

1. Place the drained chickpeas onto a paper towel. Use another paper towel to pat the chickpeas dry.
Optional: For crispier chickpeas, peel the outer skins off of each chickpea and discard.
2. Place the chickpeas into a medium mixing bowl and coat with the avocado oil and salt.
3. Transfer the seasoned chickpeas onto a parchment-lined baking tray and place into the oven.
4. Bake, agitating occasionally, until dry and crispy, approximately 10-12 minutes.
5. Remove the chickpeas from the oven and season with the nutritional yeast, tossing to evenly coat. Allow to cool fully before enjoying.
6. Remaining cooled chickpeas can be stored in an airtight container for up to seven days.

Spinach Artichoke Dip

Yield | 6-8 — 1¼ cup servings

Bake | 400 °F

Ingredients

2	cups	frozen spinach, chopped, thawed
1	14-ounce can	artichoke hearts, drained, chopped
¾	cup	cottage cheese
1	cup	Greek yogurt, plain
1½	cups	mozzarella cheese, shredded (divided)
¼	cup	parmesan cheese, grated
1	teaspoon	garlic powder
1	teaspoon	onion powder
	to taste	kosher salt
	to taste	black pepper, ground
	as needed	accoutrements

Instructions

1. Using a strainer, drain the chopped spinach. Remove excess water by gently pressing with a paper towel.
2. Place the spinach into a large mixing bowl and combine with 1 cup of the mozzarella cheese and the remaining ingredients to black pepper, using a spatula to stir.
3. Place the prepared dip into a greased 8"x8" baking pan. Evenly spread the mixture and smooth the surface using a spatula.
4. Sprinkle the remaining ½ cup of mozzarella cheese evenly across the top of the prepared dip.
5. Bake for approximately 20-25 minutes, or until golden brown.
6. Allow the finished dip to rest for 2-3 minutes before serving with your favorite accoutrements, such as tortilla chips.

Nutritional Information



Traditionally dip bases are made with high fat ingredients, like cream cheese, butter, and sour cream. However, cottage cheese and plain Greek yogurt make a great substitution, decreasing saturated fat content and increasing protein.

Spinach: great source of fiber, non-heme iron, antioxidants, potassium, magnesium, and folate

Artichokes & Chickpeas: great source of fiber that acts as a prebiotic, which can help keep your digestive system healthy by promoting friendly gut bacteria and reducing your risk of certain bowel cancers

Cottage Cheese: excellent source of calcium and protein (25 grams per cup)

Plain Greek yogurt: high in protein (14g protein in a one-cup serving), calcium (aids in bone health), and probiotics to support gut health

Avocado oil: high in antioxidants which prevent oxidative stress in our bodies; high in monounsaturated fats which can help you lower your LDL cholesterol; low in saturated fat

Nutritional yeast: vegan food product with a savory flavor; high in B vitamins; 2 Tbsp. = 40 calories, 3g carbohydrate, 2g fiber*, 5g protein. Here are a few uses for nutritional yeast:

- as a seasoning for popcorn, pasta, salad, or casserole dishes
- as a savory flavor in soups, stews, or chili
- as a savory, cheesy flavor in vegan sauces
- as a thickener for soups and sauces
- as an ingredient in smoothies

*Although the fiber found in nutritional yeast can be extremely beneficial, it can be bothersome to people with irritable bowel syndrome (IBS).

Farro Risotto

Yield | 4 — 1 cup servings

Ingredients

3	tablespoons	olive oil
1	each	white onion, small dice
10	ounces	farro
2	fluid ounces	white wine
24	fluid ounces	chicken stock, hot
2	cups	curly kale, destemmed, sliced
4	fluid ounces	soy milk, unsweetened
2	teaspoons	butter, unsalted
¼	cup	parmesan cheese, grated

Instructions

1. In a large saucepan, heat the olive oil over medium heat.
2. Once warm, add the diced onion. Stir onions occasionally and cook until soft and translucent. Season onions with salt.
3. Add the farro. Stir farro to evenly coat in oil and allow to toast until fragrant.
4. Once the farro has been toasted, add white wine to deglaze. Cook the wine until reduces, stirring frequently, about two minutes.
5. Once the wine has been reduced, begin adding in the hot chicken stock, one cup at a time, stirring frequently. Allow the stock to cook into the farro fully before each new addition. The farro is finished when it is al dente and its liquid does not run into itself when moved with a spatula.
6. Season the farro risotto with salt and ground black pepper as desired.

7. Once the farro is fully cooked, add sliced kale, soy milk, and butter. Cook over medium heat until the kale has begun to slightly wilt.
8. Once the kale has wilted, add the grated parmesan cheese to finish.
9. Serve the farro risotto immediately, while still hot.

Nutritional Information



Farro: good source of fiber, protein, and antioxidants (1 cup, cooked contains 5-8 grams of fiber and 6-8 grams of protein)

Tip: choose whole grain versus pearled option to maximize fiber content. It is a carbohydrate dense food, so if blood sugars are an issue, monitor portions.

Kale: good fiber-containing source of iron and vitamin C, calcium, vitamin K and magnesium which support bone health and have anti-inflammatory properties

Tip: Aim for 30 grams of fiber daily to decrease cancer risk. Increase gradually to avoid GI issues.

Soy foods also contain omega-3 and can be a part of a cancer preventative diet. This includes options like tofu, edamame, miso, and soy-based milk and yogurt.



American Institute for
Cancer Research:
Soy Intake

Honey-Glazed Chicken

Yield | 4 servings

Ingredients

2	each	chicken breast, boneless, skinless
¼	cup	all-purpose flour
1	tablespoon	avocado oil
2	each	garlic cloves, peeled, minced
1½	tablespoons	apple cider vinegar
1	tablespoon	Worcestershire sauce
⅓	cup	honey
	to taste	kosher salt
	to taste	black pepper, ground

Instructions

1. Place chicken breasts onto a cutting board. Slice the chicken breasts in half parallel to the cutting board, creating four pieces total.
2. Season chicken breasts evenly with salt and pepper.
3. Place all-purpose flour into a shallow dish. Fully coat each chicken breast with flour. Shake loose any excess flour, and set the prepared chicken breasts aside.
4. In a large stainless steel sauté pan over medium heat, add the avocado oil and heat until shimmering.
5. Place floured chicken breasts into the pan, and sear on one side for about two minutes, or until golden brown.
6. Turn the chicken breasts over and continue browning the second side for another two minutes or so. When they have finished searing, remove the chicken from the pan and rest on paper towels.

7. Turn the heat down to low, and add minced garlic, stirring with a spatula. Cook until softened and fragrant, approximately one minute.
8. To the pan, add vinegar, Worcestershire sauce, and honey. Stir all ingredients together until fully combined.
9. Place the seared chicken breasts back into the pan and return it to high heat. Allow mixture to come to a simmer, reduce heat, and thicken, while stirring and turning the chicken to coat in the sauce.
10. Once the sauce has thickened and the chicken has cooked, remove from the heat and serve immediately.

Nutritional Information



Boneless, skinless chicken breast: low calorie, low fat, high protein (130 calories and 25g protein per 3oz chicken breast)

Garlic: supports immunity and has anti-inflammatory and anti-bacterial properties; positively impacts blood pressure

Apple cider vinegar (fermented apple juice): has anti-microbial and antioxidant properties; natural probiotic

Honey: a better and less inflammatory choice than regular sugar; although it is a natural sweetener, honey is still high in sugar (17g in one tablespoon) so it should be consumed in limited quantities. Honey's naturally sweeter taste can help reduce the amount used or needed.

Honey-Glazed Salmon

Yield | 4 servings

Ingredients

4	each	3-ounce salmon filets, skin on
¼	cup	all-purpose flour
1	tablespoons	avocado oil
2	each	garlic cloves, peeled, minced
1½	tablespoons	apple cider vinegar
1	tablespoon	Worcestershire sauce
⅓	cup	honey
	to taste	kosher salt
	to taste	black pepper, ground

Instructions

1. Pat the salmon filets dry using paper towels and season flesh side with salt and pepper.
2. Place all-purpose flour into a shallow dish. Add the salmon filets to the flour, turning to fully coat. Shake loose any excess flour and set the prepared salmon filets aside.
3. In a large sauté pan over medium heat, add the avocado oil and warm through.
4. Place floured salmon filets into the pan and sear on one side for about two minutes, or until golden brown.
5. Turn the salmon filets over and continue browning the second side for another two minutes or so. When they have finished searing, remove the salmon filets from the pan and let rest on paper towels.
6. Turn the heat down to low and add the minced garlic, stirring with a spatula. Cook until softened and fragrant, approximately one minute.

7. To the pan, add vinegar, Worcestershire sauce, and honey. Stir all ingredients together until fully combined.
8. Place the seared salmon filets back into the pan and return to high heat. Allow the mixture to come to a simmer and thicken, while stirring and turning the salmon to coat in the sauce.
9. Once the sauce has thickened and the salmon has cooked, remove it from the heat and serve immediately.

Nutritional Information



Salmon: rich in anti-inflammatory omega-3 fatty acids; is a great source of protein (25g protein per 2.5 oz filet), B vitamins, selenium, and vitamin D

Garlic: supports immunity and has anti-inflammatory and anti bacterial properties; positively impacts blood pressure

Apple cider vinegar (fermented apple juice): has anti-microbial and antioxidant properties, natural probiotic

Honey: honey is a better and less inflammatory choice than regular sugar; although it is a natural sweetener, honey is still high in sugar (17g in one tablespoon) so it should be consumed in limited quantities.

Blanched Broccolini

Yield | 4 servings

Ingredients

12 ounces	broccolini
4 quarts	water
2 tablespoons	salt
3 quarts	ice water bath
As needed	butter, unsalted

Instructions

1. Fill a four-quart stock pot with water, and place onto stove over high heat. Season with salt and bring to a full, rolling boil.
2. Meanwhile, trim the broccolini stem to about a half inch up from the end. Remove any other small leaves or rough spots along the stem. If the broccolini is larger than desired, cut them lengthwise to create uniform pieces.
3. Once the salted water has begun to boil, prepare the ice bath. Use a large container and fill it three quarters full with ice. Then, cover the ice with cold water, leaving enough room in the container to hold the broccolini.
4. While the water is still at a rapid boil, add the trimmed broccolini and stir it gently using tongs or a slotted spoon. Cook for approximately four minutes, or until tender.
5. Strain the cooked broccolini into a colander or strainer and immediately place it into the prepared ice water bath. Stir the broccolini gently to ensure even cooling and allow it to rest in the ice water bath until fully cooled.
6. Once cool, remove the blanched broccolini from the ice bath and place onto a tray lined with paper towels. Blot the broccolini with paper towels to remove any excess water.

7. Blanched broccolini can be stored refrigerated for two to three days after preparation and reheated in butter as needed.



Nutritional Information

Broccolini: a nutrient-dense vegetable rich in vitamins C and A, fiber, and antioxidants. Its fiber supports healthy digestion, helps regulate blood sugar, and promotes fullness. As a cruciferous vegetable, it contains compounds linked to potential cancer-protective benefits and overall heart health.

Notes

Roasted Cauliflower

Yield | 4 servings

Bake | 400°F

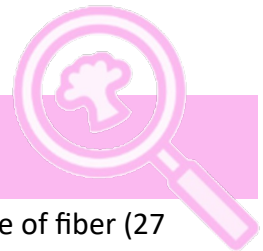
Ingredients

12 ounces	cauliflower, florets
2 tablespoons	avocado oil
to taste	kosher salt
to taste	black pepper, ground

Instructions

1. Line baking sheet with parchment paper and grease using pan spray or oil.
2. Place cauliflower florets into a medium mixing bowl. Add avocado oil. Toss cauliflower florets gently to evenly coat.
3. Season oiled cauliflower florets with kosher salt and ground black pepper, as desired.
4. Transfer the seasoned cauliflower florets onto prepared baking sheet and place into preheated oven. Roast for approximately 25-30 minutes, or until just tender and browned.
5. Remove the roasted cauliflower from the oven. Serve immediately and enjoy while still hot.

Nutritional Information



Cauliflower: very low in calories and a good source of fiber (27 calories and 2g fiber per one-cup serving); antioxidant; excellent source of vitamin C, folate, and vitamin K; Can serve as a low carb alternative to grains and legumes in recipes

Exercise Plays a Role in Cancer Prevention and Survivorship

A minimum of 150 minutes per week is recommended to reduce cancer risk. That's 30 minutes of moderate activity, 5 days a week. These minutes can be obtained throughout the day by walking the dog, taking the stairs, gardening, or doing an exercise class. The key is finding a movement you enjoy!



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

Notes

Whipped Maple Aquafaba

Yield | 4 — 2oz servings

Ingredients

½	cup	aquafaba
¼	teaspoon	cream of tartar
1	tablespoon	maple syrup
1	teaspoon	vanilla extract

Instructions

1. Place the aquafaba into a medium mixing bowl. Using a hand mixer fitted with whisk attachment, beat the aquafaba on low speed until small bubbles begin to form.
2. Once small bubbles have been achieved, add cream of tartar and continue whisking.
3. Increase the speed to medium high and add maple syrup and vanilla extract.
4. Continue whisking until a stable foam has formed. It should be aerated and able to stand in a soft peak when finished.
5. Remove the whipped maple aquafaba into a separate container. Use the whipped maple aquafaba quickly to top a sweet of your choosing.

Macerated Pineapple

Yield | 4 servings

Ingredients

- 8 ounces fresh pineapple, chunks, ripe
- 1 tablespoon agave syrup
- 1 teaspoon vanilla extract
- ¼ teaspoon salt

Instructions

1. In a small mixing bowl, combine the fresh pineapple chunks, agave, vanilla extract, and salt.
2. Using a fork, stir the pineapple, evenly coating it the agave mixture. Use the fork to crush the pineapple into small pieces.
3. Wrap the bowl and place it into the refrigerator for at least one hour, and up to overnight if possible, until juices have released.

Notes

Strawberry Frozen Yogurt

Yield | 6 servings

Ingredients

20 ounces strawberries, frozen
8 ounces Greek yogurt, plain
3 tablespoons honey
1 teaspoon lemon juice

Instructions

1. Place frozen strawberries into a blender or food processor. Roughly chop the frozen strawberries using the pulse setting.
2. Once strawberries are roughly chopped, add Greek yogurt, honey, and lemon juice.
3. Continue blending or processing the ingredients until the mixture becomes smooth and creamy, about two to three minutes.
4. Transfer the mixture into a freezer safe container, and cover tightly. Place covered container into freezer and freeze at least 5 hours before serving.
5. Any leftover strawberry frozen yogurt can be stored in the freezer for up to two weeks.

Walnut Granola

Yield | 4 – ½ cup servings **Bake** | 300°F

Ingredients

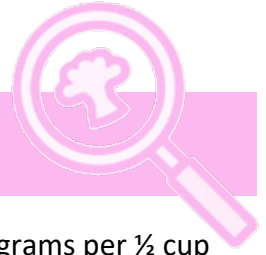
1½ cups	oats, instant
½ cup	walnuts, chopped
2 tablespoons	coconut oil, melted
2 tablespoons	maple syrup
1 tablespoon	honey
½ teaspoon	vanilla extract
to taste	kosher salt

Instructions

1. Line baking sheet with parchment paper and grease using pan spray or oil.
2. In a medium mixing bowl, combine oats and walnuts, stirring to combine.
3. In a separate container, combine melted coconut oil, maple syrup, honey, vanilla extract, and salt with a whisk.
4. Combine oat and walnut mixture with the warm liquid mixture.
5. Stir all the ingredients together, mixing until evenly coated.
6. Spread the oat mixture onto the prepared baking sheet, and place into preheated oven.
7. Cook the granola in the oven for approximately 25 minutes, stirring once or twice to promote even cooking. The wet mixture should be caramelized but not burnt, and stick to the sides of the pan. It will not be dry while still warm.
8. Remove granola from oven and transfer to a new, cool pan or rack to cool fully at room temperature. The granola should harden and dry as it cools.

9. Break the granola into smaller pieces using your hands. Enjoy the granola as a snack on its own, or alongside a snack of choice.
10. Store the remaining fully cooled granola in an airtight container for up to one week.

Nutritional Information



Oats: a whole grain food; great source of fiber (4 grams per $\frac{1}{2}$ cup dry); rich in antioxidants; has cholesterol lowering properties; aids in satiety

Walnuts: rich in omega-3 fatty acids and antioxidants; has antiinflammatory properties; good source of magnesium

Coconut oil: good source of antioxidants; preferred oil in some recipes for its flavor; use sparingly as it is high in saturated fats

Notes

Pineapple Maple Parfait

Yield | 4 – 6oz servings

Ingredients

8 ounces	macerated pineapple (see recipe)
12 ounces	strawberry frozen yogurt (see recipe)
1 tablespoon	walnut granola (see recipe)
4 ounces	strawberries, fresh, sliced
4 tablespoons	maple aquafaba (see recipe)
to garnish	basil, fresh, sliced

Instructions

1. Select four small dishes, each approximately 8 ounces in size, to build parfaits.
2. Using a slotted spoon, fill the bottom of each dish with equal portions of macerated pineapple. Add as little or as much of the maceration liquid as desired.
3. Use an ice cream scoop to place approximately 3 ounces of the strawberry frozen yogurt into the dishes.
4. Top frozen yogurt with sliced strawberries, walnut granola, maple aquafaba, and sliced basil as desired.
5. Serve the finished parfaits immediately and enjoy.

What are one or 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, Gina Woodruff?

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

I feel confident and equipped to make these meals at home.

Strongly Disagree 1 2 3 4 5 Strongly Agree

This class met the goal of learning about nutrition and cooking techniques.

Strongly Disagree 1 2 3 4 5 Strongly Agree

I am motivated to make at least one small positive change to my routines.

Strongly Disagree 1 2 3 4 5 Strongly Agree

I was able to easily follow along in the booklet.

Strongly Disagree 1 2 3 4 5 Strongly Agree

The length of this class was appropriate for the content covered.

Time was neither slow nor rushed.

Strongly Disagree 1 2 3 4 5 Strongly Agree

Cancer Prevention Information



AICR.org

Thanks to the partners who made this evening possible:



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

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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 and [Kids' Summer Camps](#) at:



mccneb.edu/OKW

culinary classes



mccneb.edu/HORT

horticulture classes



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