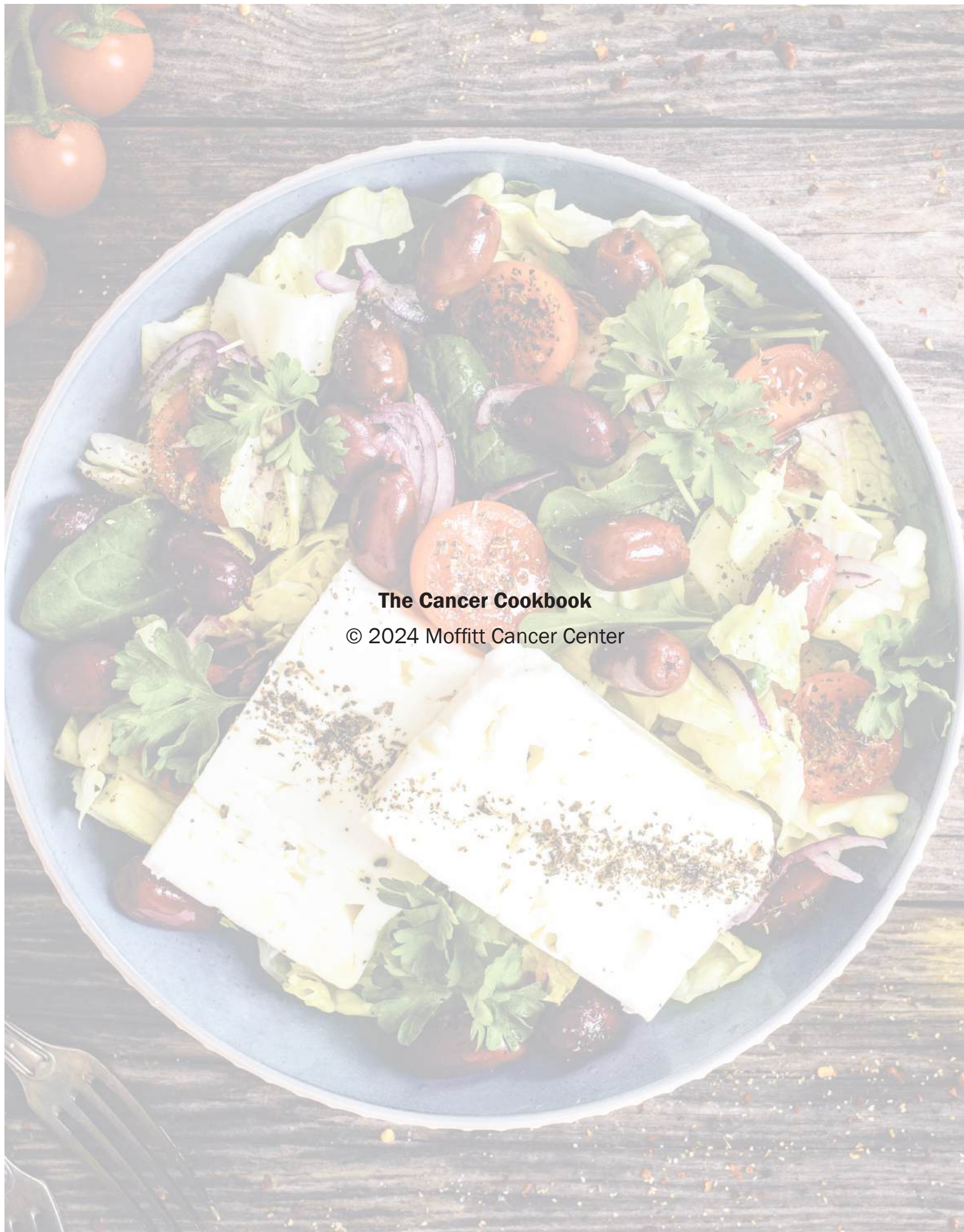




The Cancer Cookbook





The Cancer Cookbook
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Welcome

Proper nutrition is an essential ally for cancer patients and survivors.

These recipes are renowned for their vibrant and diverse colors and flavors and role in improving health and well-being. They emphasize fruits, vegetables, whole grains, lean fish, nuts, seeds, and olive oil.

This cookbook contains a collection of deliciously-crafted recipes. These recipes not only satisfy the palate but nourish the body with food properties beneficial for cancer patients and survivors, as highlighted throughout the book.

We dedicate this book to individuals facing the challenges of cancer and its treatment. We hope the recipes contained within these pages will bring comfort and nourishment.



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Short on time?

Look for the clock icon for time saver recipes that take less than 30 minutes.

BREAKFAST

Fuel up for an energizing start to your day.



Apple Cinnamon Muffins



Ideal for a light breakfast or mid-morning snack, these muffins offer a nutritious kickstart to your day. Packed with apples and oats, they are a source of soluble fiber, which can be beneficial in relieving diarrhea. The addition of pure maple syrup imparts a delightful touch of natural sweetness. If you're out of apples, consider substituting them with fresh peaches or berries to create a delightful summer indulgence.

Nutrition Facts

12 servings per recipe

Serving size

1 muffin

Amount per serving

Calories

130

% Daily Value*

Total Fat 1g

Saturated Fat 0g

Cholesterol 15mg

Sodium 250mg

Total Carbohydrate 29g

Dietary Fiber 2g

Protein 3g

Cancer Support Community

<https://www.cancersupportcommunity.org/recipe/apple-cinnamon-muffins>

INGREDIENTS

- 1 cup all-purpose flour
- 2/3 cup whole wheat flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp cinnamon
- 1/2 tsp salt
- 1 egg
- 1/2 cup pure maple syrup
- 1/2 cup milk
- 1/3 cup applesauce
- 1 tsp vanilla extract
- 2 small thinly diced apples
- 1/3 cup old fashioned oats

DIRECTIONS

1. Preheat oven to 325 degrees Fahrenheit. Grease muffin tin.
2. Combine flours, baking powder, baking soda, cinnamon, and salt in small bowl.
3. In a larger bowl, combine egg, syrup, milk, applesauce, and vanilla extract.
4. Add dry ingredients to wet ingredients and mix until combined.
5. Mix in apples and oats.
6. Spoon batter into prepared muffin tin. Place in preheated oven.
7. Bake for 23-25 minutes until lightly browned and center cooked.



HELPFUL TIPS

Serve with a dollop of Greek yogurt for additional protein and easier swallowing.



Prep: 10 minutes



Cooking: 25 minutes



Servings: 12

Baked Apple Yogurt Parfait



A quick breakfast option for busy individuals! This high-calorie, high-protein parfait is perfect for cancer patients who've faced weight loss during treatment. For a lower-fat alternative, cancer survivors and caregivers can opt for low-fat Greek yogurt and skip the granola to create a healthy, low-calorie snack or breakfast. If chewing and swallowing pose challenges, cook the apples until very soft, and substitute nuts and granola with finely ground nuts or peanut butter mixed into the parfait.

Nutrition Facts

2 servings per recipe

Serving size

1 parfait

Amount per serving

Calories

465

% Daily Value*

Total Fat 28g

Saturated Fat 5g

Cholesterol 16mg

Sodium

Total Carbohydrate 40g

Dietary Fiber 5g

Protein 18g

Cancer Support Community

<https://www.cancersupportcommunity.org/recipe/baked-apple-yogurt-parfait>

INGREDIENTS

- 1 1/2 cups plain Greek yogurt
- 2 Tbsp pure maple syrup
- 1 apple, chopped
- 1/4 tsp cinnamon
- 1 tsp brown sugar
- 2 oz chopped walnuts or pecans
- 1/4 cup granola



DIRECTIONS

1. Combine Greek yogurt and maple syrup in a bowl and set aside.
2. In a small pot, add apple, cinnamon and brown sugar.
3. Cook for 5-10 minutes, until apple is softened to desired consistency.
4. Assemble your parfait: alternate layers of maple Greek yogurt, baked apples, nuts, and granola.



HELPFUL TIPS

Add raisins or other dried fruit for additional sweetness and fiber. For a timesaver, use pre-made apple pie filling on your parfait instead of cooking your apples.



Prep: 5 minutes



Cooking: 10 minutes



Servings: 2

Overnight Oats



Overnight oats are a delightful and nutritious breakfast option that can infuse your mornings with energy and vitality. This simple yet satisfying dish is not only a source of sustained energy but also provides a substantial amount of essential nutrients. With a natural boost of iron and protein, it's an excellent way to kickstart your day on the right foot. Top with peanut butter or sliced almonds for added protein, or add fruit for additional color and flavor.

Nutrition Facts

1 servings per recipe

Serving size 1 cup

Amount per serving

Calories **270**

% Daily Value*

Total Fat 3.5g

Saturated Fat 1g

Cholesterol

Sodium 85mg

Total Carbohydrate 45g

Dietary Fiber 5g

Protein 17g

Memorial Sloan Kettering Cancer Center

[https://www.mskcc.org/experience/
patient-support/nutrition-cancer/
recipes/overnight-oats](https://www.mskcc.org/experience/patient-support/nutrition-cancer/recipes/overnight-oats)

INGREDIENTS

- 1/3 cup rolled oats
- 1/2 cup low-fat milk
- 1/3 cup nonfat plain yogurt (Greek or regular)
- 1/2 cup unsweetened applesauce
- 1 tsp cinnamon
- 1 tsp brown sugar

DIRECTIONS

1. Combine all ingredients in a bowl or jar.
2. Cover and let ingredients soak overnight in refrigerator.
3. Stir well before serving.



HELPFUL TIPS

Add sliced bananas and a dollop of nut butter for additional fiber and calories.



Prep: 5 minutes



Refrigerate: overnight



Servings: 1

Salmon and Veggie Egg Muffins



This recipe is a perfect blend of speed, simplicity, versatility, and nutrition. It includes bell pepper, spinach, and whole-grain bread—ingredients aligning with the American Institute for Cancer Research Cancer Prevention Recommendations for a diet rich in whole grains, veggies, fruits, and beans. Each serving offers a satisfying 22 grams of protein. Enjoy it in the morning with sweet berries, as a snack, or even as breakfast-for-dinner with cherry tomatoes, avocado, and cucumber.

Nutrition Facts

3 servings per recipe

Serving size 2 egg muffins

Amount per serving

Calories **280**

% Daily Value*

Total Fat 9g

Saturated Fat 9g

Cholesterol 325mg

Sodium 350mg

Total Carbohydrate 8g

Dietary Fiber 2g

Protein 22g

American Institute for Cancer Research

<https://www.aicr.org/cancer-prevention/recipes/salmon-and-veggie-egg-muffins>

INGREDIENTS

- Nonstick cooking spray
- 2 tsp extra-virgin olive oil
- 1/2 red bell pepper, diced
- 2 cups baby spinach, roughly chopped and packed
- 2 green onions, trimmed, sliced, and chopped
- 5 large eggs
- One 2.6 oz pouch wild-caught pink salmon in extra-virgin olive oil, flaked
- 1/2 cup shredded reduced-fat cheddar cheese
- 1/4 cup fresh basil, finely chopped
- Kosher salt and black pepper, to taste
- 100% whole-grain bread, toasted
- Optional spreads for toast: Smashed avocado, olive oil, nut butter, hummus, butter substitute

DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit. Lightly coat 6-cup muffin pan with nonstick cooking spray and set aside.
2. Heat oil in nonstick skillet over medium-high heat. Add peppers and cook until tender, stirring frequently, about 5 minutes. (Adjust heat to medium if peppers begin to burn.) Add spinach and onions and cook until wilted, stirring frequently, about 2 minutes. Set aside to cool slightly.
3. Crack eggs into large bowl. Whisk until well combined. Stir in salmon, cheese, basil, cooked vegetables, and salt and pepper until combined. Use a 1/3 measuring cup to divide mixture evenly into prepared muffin cups. Bake until eggs are set, about 18 minutes.
4. Serve with 1 slice of toast (toppings optional) or a fruit and vegetable salad.



HELPFUL TIPS

Add 1/2 cup cottage cheese to egg mixture for additional protein (4 grams/serving).



Prep: 10 minutes



Cooking: 18 minutes



Servings: 3

ENTREES

Enjoy every bite from the first to the last.



Lemon Baked Trout



At times, simplicity shines brightest. This effortless dinner demands only four ingredients and a mere 20 minutes of your time. Trout, abundant in protein, vitamin B12, and omega-3 fatty acids, boasts a delicate flavor that benefits from a light touch. Infusing it with lemon juice and a hint of salt and pepper yields an ideal summer dish, suitable for baking in the oven or grilling. Serve alongside a refreshing green salad and a side of whole grains for a speedy and nutritious meal.

Nutrition Facts

4 servings per recipe

Serving size

1 fillet

Amount per serving

Calories

180

% Daily Value*

Total Fat 7g

Saturated Fat 1.5g

Cholesterol 65mg

Sodium 60mg

Total Carbohydrate 6g

Dietary Fiber 2g

Protein 23g

American Institute for Cancer Research

<https://www.aicr.org/cancer-prevention/recipes/lemon-baked-trout>

INGREDIENTS

- Olive or canola oil cooking spray
- 4 trout fillets (4 oz), with skin
- Salt and freshly ground black pepper, to taste
- 2-3 lemons



DIRECTIONS

1. Set rack in center of oven. Preheat oven to 425 degrees Fahrenheit. Or, preheat gas or charcoal grill to medium-hot and prepare it for cooking with indirect heat.
2. Lay large sheet of heavy-duty foil over large baking sheet. Coat lightly with cooking spray. Arrange trout fillets on foil, spacing about 1 inch apart and leaving at least 2 inches around edges. Coat fish lightly with cooking spray. Sprinkle each fillet with a pinch of salt and 5 or 6 grinds of pepper.
3. Using a sharp knife, cut off the end of a lemon and cut lemon into thin slices. Carefully remove the seeds using a knife. Arrange 3-4 lemon slices down the center of each trout fillet, overlapping them slightly. Lay another sheet of foil over fish and roll edges together to seal fish.
4. Bake trout for 15 to 20 minutes, or until fish is opaque and flakes easily at thickest point. (If using an outdoor grill, slide packet with fish onto grill and later slide it back onto baking sheet to help lift off grill.)
5. To serve, transfer each fillet to a dinner plate.



HELPFUL TIPS

Serve with a side of whole grains, roasted vegetables, or mixed salad for a balanced meal.



Prep: 15 minutes



Cooking: 20 minutes



Servings: 4

Roasted Cauliflower Soup



This soup has many benefits, including nutritional excellence, delightful flavor, and comforting warmth. The roasted cauliflower contributes a depth of flavor, and the potatoes serve to thicken the soup naturally, without the need for cream. It’s a perfect choice for individuals with cancer who may be grappling with mouth sores, discomfort, or challenges in chewing and swallowing. This soup offers a satisfying and nourishing option for lunch or dinner.

Nutrition Facts

4 servings per recipe

Serving size1 cup

Amount per serving

Calories**287**

% Daily Value*

Total Fat 14g

Saturated Fat 3g

Cholesterol 14mg

Sodium

Total Carbohydrate 28g

Dietary Fiber 4g

Protein 11g

American Institute for Cancer Research
<https://www.aicr.org/cancer-prevention/recipes/roasted-cauliflower-soup>

INGREDIENTS

- 1 head cauliflower, chopped
- 3 Tbsp olive oil, divided
- Pinch of salt and pepper
- 1/2 medium onion, chopped
- 2 medium potatoes, peeled and chopped
- 2 cups chicken broth
- 1/4 tsp salt
- 1/4 tsp dried thyme
- 2 cups milk (or plain nondairy milk of choice)
- 1/4 cup Parmesan cheese
- Fresh parsley, chopped

DIRECTIONS

1. Heat oven to 425 degrees Fahrenheit.
2. Spread cauliflower on baking sheet. Drizzle with 2 Tbsp olive oil, salt, and pepper. Roast for 20 minutes. Set aside.
3. While cauliflower is roasting, heat remaining 1 Tbsp olive oil over medium heat in large sauce pan. Add onion and cook until translucent, around 6 minutes.
4. Add potatoes, chicken broth, salt, and thyme. Bring to a boil and then simmer until potatoes are cooked, 10-15 minutes.
5. Add cauliflower and milk, return to a boil.
6. Purée with immersion or stand blender until mixture reaches desired consistency.
7. Top with parsley and Parmesan cheese.



HELPFUL TIPS

Substitute sweet potatoes for regular potatoes for additional antioxidants and a sweeter profile.



Prep: 10 minutes



Cooking: 35 minutes



Servings: 4

Salmon Fillet with Yogurt Avocado Sauce



Give this recipe a try on those days when you find yourself low on energy. The star of this dish is the luscious creamy avocado sauce that not only adds a delightful flavor but can also be a saving grace if you're experiencing difficulties with swallowing or discomfort while eating. The healthy fats from the avocado offer a nourishing boost to help keep you going during the day.

Nutrition Facts

4 servings per recipe

Serving size

1 fillet

Amount per serving

Calories

280

% Daily Value*

Total Fat 18g

Saturated Fat 4.5g

Cholesterol

Sodium 680mg

Total Carbohydrate 6g

Dietary Fiber 4g

Protein 24g

Memorial Sloan Kettering Cancer Center

<https://www.mskcc.org/experience/patient-support/nutrition-cancer/recipes/salmon-fillet-yogurt-avocado-sauce>

INGREDIENTS

- 1 avocado
- 1/2 cup Greek yogurt
- 3 Tbsp cilantro leaves
- 1 clove garlic
- 2 Tbsp lemon juice
- 1 Tbsp water, plus more as needed
- 1 tsp salt, plus more for seasoning
- 1 tsp ground pepper, plus more for seasoning
- 4 salmon fillets (3 oz)
- 1 Tbsp olive oil



DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit. Line a baking sheet with aluminum foil.
2. Combine avocado, yogurt, cilantro, garlic, lemon juice, 1 Tbsp water, and 1 tsp each salt and pepper in a food processor and blend until smooth. If necessary, add more water, 1 Tbsp at a time, until sauce reaches desired consistency.
3. Place fish skin-side down on prepared baking sheet. Season with salt and pepper and brush with olive oil. Bake fish until just cooked through, 8 to 10 minutes. Fish should register 145 degrees Fahrenheit using an instant-read thermometer in the thickest part of the fillet, usually the middle.
4. Serve fish topped with sauce.



HELPFUL TIPS

Add olive oil to sauce for additional healthy fats and calories.



Prep: 15 minutes



Cooking: 10 minutes



Servings: 4

Smashed Chickpea and Avocado Lettuce Wraps



Ready in just 10 minutes, these vegetarian wraps are filled with fiber-rich chickpeas, fresh lettuce, and creamy avocado. Opting for meatless meals a few times a week is an easy way to eat more plant-based foods. These wraps are highly adaptable, allowing you to experiment with added ingredients like chopped peppers or jalapenos.

Nutrition Facts

4 servings per recipe

Serving size 1 lettuce wrap

Amount per serving

Calories **220**

% Daily Value*

Total Fat 9g

Saturated Fat 2g

Cholesterol 5mg

Sodium 90mg

Total Carbohydrate 25g

Dietary Fiber 6g

Protein 8g

American Institute for Cancer Research

<https://www.aicr.org/cancer-prevention/recipes/slow-cooker-chicken-mushroom-and-spinach-quinoa-risotto>

INGREDIENTS

- 1 can (15.5 oz) chickpeas, drained and rinsed
- 1 ripe medium avocado
- 1 Tbsp fresh lemon juice
- 2 Tbsp fresh cilantro, finely chopped
- 2 Tbsp red onion, finely chopped
- 1 celery stalk, finely chopped
- 1 tsp cumin
- Salt and pepper, to taste
- 4 Boston lettuce leaves
- 1 medium tomato, sliced
- 2 Tbsp feta cheese



DIRECTIONS

1. Add chickpeas to a medium-sized mixing bowl.
2. Mash to a smoother consistency (more or less depending on preference).
3. Add avocado and lemon juice and continue mashing until well mixed.
4. Stir in cilantro, red onion, celery, cumin, salt, and pepper.
5. Top lettuce cups with sliced tomatoes (and any other toppings, e.g. cucumbers, bell pepper, jalapenos, or sprouts).
6. Divide chickpea mixture into 4-5 portions and spoon onto lettuce cups. Top with a sprinkle of feta cheese.



HELPFUL TIPS

Add or substitute fish or chicken for additional protein.



Prep: 10 minutes



Cooking: not required



Servings: 4

Turkey and Barley Vegetable Soup



This soup is not only a source of comfort and deliciousness but also a valuable option for individuals who encounter difficulties with swallowing. Beyond its comforting qualities, it provides a substantial amount of protein, a vital nutrient in the healing process. Additionally, this soup is a rich source of dietary fiber, which contributes to maintaining healthy and regular bowel movements, promoting overall digestive wellness.

Nutrition Facts

8 servings per recipe

Serving size

1 cup

Amount per serving

Calories

260

% Daily Value*

Total Fat 13g

Saturated Fat 2.5g

Cholesterol 60mg

Sodium 640mg

Total Carbohydrate 24g

Dietary Fiber 6g

Protein 21g

American Institute for Cancer Research

<https://www.aicr.org/cancer-prevention/recipes/turkey-and-barley-vegetable-soup>

INGREDIENTS

- 3/4 cup pearled barley, uncooked
- 5 1/2 cups water, divided
- Pinch of salt
- 1 lb ground turkey
- 3 Tbsp extra-virgin olive oil, divided
- 1 onion, diced
- 2 celery stalks, diced
- 1 zucchini, finely diced
- 1 yellow squash, finely diced
- 1 can (14 oz) petite diced tomatoes
- 1 can (14 oz) French cut green beans, drained and rinsed
- 4 cups low sodium chicken broth
- 1 tsp oregano
- 1 tsp salt
- 1/2 tsp pepper
- 3 Tbsp fresh parsley, chopped
- Parmesan cheese (optional)

DIRECTIONS

1. In a large pot, add barley, 1 1/2 cups water, and pinch of salt. Bring to a boil, then simmer and cover for 45 minutes until water is absorbed.
2. While barley is cooking, brown turkey with 2 Tbsp olive oil in medium skillet. Drain and set aside.
3. Heat 1 Tbsp olive oil in large stockpot. Add onion, celery, zucchini, and squash. Sauté for 5 minutes until onion is translucent.
4. Add tomatoes, green beans, remaining water, broth, oregano, salt, and pepper.
5. Simmer for 20-30 minutes until vegetables are soft.
6. Add turkey and barley to soup. Heat through.
7. Top with Parmesan cheese, if using.



HELPFUL TIPS

Top with avocado or Greek yogurt for extra calories and healthy fats.



Prep: 30 minutes



Cooking: 45 minutes



Servings: 8

Lentil and Veggie Enchilada Casserole



Lentils are often seen as a nutrition powerhouse and they can be a simple addition to any cancer protective diet. They are abundant in complex carbohydrates, low in fat and calories, naturally gluten-free, and packed with essential nutrients such as potassium, folate, iron, and manganese. In this hearty casserole, lentils take center stage alongside other vegetables like onions, garlic, bell peppers, and celery.

Nutrition Facts

8 servings per recipe

Serving size 3-4 enchiladas

Amount per serving

Calories **310**

% Daily Value*

Total Fat 8g

Saturated Fat 2.5g

Cholesterol 10mg

Sodium 640mg

Total Carbohydrate 45g

Dietary Fiber 5g

Protein 13g

American Institute for Cancer Research

<https://www.aicr.org/cancer-prevention/recipes/lentil-and-veggie-enchilada-casserole>

INGREDIENTS

- 1 Tbsp olive oil
- 2 celery stalks, cut into 1/4-inch dice
- 1 red bell pepper, cut into 1/4-inch dice
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 1 large carrot, peeled and shredded on the large holes of a box grater (about 1 cup)
- 2 tsp ground cumin
- 1 tsp dried oregano
- 1 tsp coriander
- 1 tsp chipotle chili powder
- 1/2 tsp kosher salt
- 3 cups water
- 1 cup green or brown lentils, rinsed
- 2 packed cups baby kale or spinach, roughly chopped
- 1 cup fresh cilantro, roughly chopped (optional)
- Nonstick cooking spray/oil
- 1 can (19 oz) mild red enchilada sauce, divided
- 15 corn tortillas, (6-inch) cut in half
- 1 1/2 cups reduced-fat Mexican cheese blend, divided

DIRECTIONS

1. Heat oil in a medium size pot over medium heat. Sauté celery, bell pepper, and onion until softened and caramelized (5-7 minutes). Add garlic, carrot, cumin, oregano, coriander, chili powder, and salt. Cook until garlic is fragrant (about 2 minutes).
2. Stir in water and lentils, bring to a boil, reduce heat to simmer (covered), for 15-20 minutes or until lentils are tender. Stir in kale and cilantro (optional) for 1 minute.
3. Preheat the oven to 350 degrees Fahrenheit and grease a 9x13-inch baking pan.
4. Assemble the casserole: Spread 1/2 cup enchilada sauce in the bottom of the pan. Arrange 10 tortilla halves, slightly overlapping. Top with 1/2 cup sauce, 2 1/4 cups lentil mixture, and 1/2 cup cheese. Repeat the layer.
5. Cover with foil and bake until heated through and bubbly (about 35 minutes). Allow to cool slightly, then slice and serve.



HELPFUL TIPS

Garnish with diced avocado for additional calories.



Prep: 25 minutes



Cooking: 65 minutes



Servings: 8

Savory Stuffed Spaghetti Squash



Savory Stuffed Spaghetti Squash is a gentle option for cancer patients with mouth discomfort, chewing or swallowing challenges, or digestive problems due to its soft and easily digestible nature. The flavorful filling can be particularly appealing for those experiencing metallic or bland tastes during and after treatment. For easier chewing, omit the nuts, swap wild rice for well-cooked white or brown rice in equal amounts, and cook the veggies a bit longer for extra tenderness.

Nutrition Facts

4 servings per recipe

Serving size

1 cup

Amount per serving

Calories

407

% Daily Value*

Total Fat 15g

Saturated Fat 2g

Cholesterol 0mg

Sodium

Total Carbohydrate 65g

Dietary Fiber 8g

Protein 8g

Cancer Support Community

<https://www.cancersupportcommunity.org/recipe/savory-stuffed-spaghetti-squash>

INGREDIENTS

- 2 medium spaghetti squash (cut in half lengthwise; scoop out the seeds)
- 1/2 cup wild rice
- 1/2 cup brown rice
- 2 cups water
- Dash of sea salt
- 1 Tbsp olive oil
- 1/2 cup dried cranberries, fruit juice sweetened
- 1 Tbsp maple syrup
- 2 leeks, chopped
- 2 garlic cloves, chopped
- 2 celery stalks, thinly sliced
- 1 tsp dried thyme
- 1/2 tsp sea salt
- 1/2 cup chopped pecans
- 1 Tbsp balsamic vinegar
- 1/2 tsp ground black pepper
- 1/2 cup fresh parsley, chopped
- Parmesan cheese, optional

DIRECTIONS

1. Preheat the oven to 375 degrees Fahrenheit and line a baking sheet with parchment paper. Place squash halves flesh side down on the pan.
2. Bake for 35-45 minutes until squash is fork-tender.
3. Cook rice in a 2-quart pot with water and salt. Simmer covered for 40-45 minutes.
4. While squash and rice cook, prepare the filling. Sauté leeks in olive oil over medium heat for 2-3 minutes, add garlic, celery, thyme, salt, and sauté for 5 minutes.
5. Stir in pecans, cranberries, balsamic vinegar, and maple syrup. Remove from heat.
6. Mix cooked rice with fresh parsley and black pepper, adding it to the skillet with the leek mixture.
7. Flip the cooked squash, fluff with a fork, then stuff with the filling.
8. Bake for 5-10 minutes, as needed to heat through.
9. Top with optional Parmesan, shredded cheese, and extra seasonings to taste.



HELPFUL TIPS

Substitute white or brown rice for wild rice for easier digestion.



Prep: 10 minutes



Cooking: 70 minutes



Servings: 4

Sheet Pan Alaska Halibut with Zucchini, Mushrooms, and Tomatoes



Alaska Halibut is light, tasty, healthy, and quick to prepare. Packed with protein, B vitamins, potassium, and selenium, it offers a nutritional boost. Additionally, fish is a key component of dietary patterns like the Mediterranean diet, known for its anti-inflammatory potential. Try this one-pan recipe featuring Alaska Halibut, fresh zucchini, and flavorful tomatoes for a speedy, delectable, and nutritious meal.

Nutrition Facts

4 servings per recipe

Serving size

1 fillet

Amount per serving

Calories

320

% Daily Value*

Total Fat 15g

Saturated Fat 2.5g

Cholesterol 120mg

Sodium 580mg

Total Carbohydrate 10g

Dietary Fiber 1g

Protein 38g

American Institute for Cancer Research

<https://www.aicr.org/cancer-prevention/recipes/sheet-pan-alaska-halibut-with-zucchini-mushrooms-and-tomatoes>

INGREDIENTS

- 4 Alaska halibut fillets (about 4-6 oz each)
- 6 oz cherry or grape tomatoes, halved
- 1 medium zucchini (about 8 oz), sliced
- 8 oz cremini mushrooms, quartered
- 3 Tbsp olive oil
- 1 Tbsp lemon juice
- 2 tsp minced garlic (around 4 cloves)
- 1 tsp lemon zest
- 3/4 tsp kosher salt, or to taste



DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit.
2. Arrange the halibut and vegetables on a large baking sheet.
3. Whisk together the olive oil, lemon juice, garlic, lemon zest, salt, and pepper. Brush over the halibut and drizzle the rest over the vegetables. Toss the vegetables so they are evenly coated, then arrange in a flat layer on the sheet around the halibut.
4. Bake for 15 minutes, or until the halibut is opaque, flakes easily, and is just cooked through. Serve the halibut with the vegetables.



HELPFUL TIPS

Swap out the halibut for chicken breasts for higher calories and protein.



Prep: 10 minutes



Cooking: 15 minutes



Servings: 4

Slow Cooker Chicken, Mushroom, and Spinach Quinoa Risotto



This creamy quinoa twist on risotto is a healthier and simpler alternative to the traditional version, which typically contains high-fat ingredients like butter and cheese. Made with whole-grain quinoa and cancer protective foods like spinach and garlic, this one-pot meal is not only delicious but also nutritious. Plus, it's perfect for meal prepping and enjoying leftovers all week long.

Nutrition Facts

6 servings per recipe

Serving size 1 cup

Amount per serving

Calories **380**

% Daily Value*

Total Fat 11g

Saturated Fat 4.5g

Cholesterol 90mg

Sodium 280mg

Total Carbohydrate 32g

Dietary Fiber 4g

Protein 37g

American Institute for Cancer Research

<https://www.aicr.org/cancer-prevention/recipes/slow-cooker-chicken-mushroom-and-spinach-quinoa-risotto>

INGREDIENTS

- 1 1/2 cups quinoa, uncooked and rinsed
- 1 1/2 lbs skinless, boneless chicken breasts, cut into bite-size pieces
- 3 cups sliced mushrooms
- 3 cups low-sodium chicken broth (plus up to 1 cup additional, if needed at the end)
- 1 large shallot, thinly sliced
- 5 cloves garlic, minced
- 1/2 tsp each of dried thyme, basil and oregano
- 1 Tbsp coconut oil
- 1/2 tsp pepper
- Juice of 1 lemon (about 2 Tbsp)
- 4 cups spinach, roughly chopped and packed
- 2/3 cup grated Parmesan cheese

DIRECTIONS

1. Place all ingredients except spinach and cheese in slow cooker.
2. Cover and cook on low for 3 hours.
3. When almost done cooking, the liquid should be absorbed, and the mixture should be slightly sticky. If very sticky, add up to 1 cup additional broth and stir to combine until texture is creamy.
4. Stir in spinach and cheese, cover and continue cooking just until spinach begins to wilt (about 2-5 minutes).



HELPFUL TIPS

Substitute bone broth for chicken stock for extra protein.



Prep: 25 minutes



Cooking: 180 minutes



Servings: 6

Sweet Potato Chili



Unlike typical meat-based chilis notorious for their high saturated fat content, this chili offers a wholesome, low-fat alternative packed with protein, dietary fiber, and an array of cancer-protective antioxidants. Top it with creamy avocado, a sprinkle of cheese, or your favorite garnishes. It's a versatile and convenient make-ahead meal, perfectly suited for patients, survivors, and caregivers alike. Preparing it in advance grants you the opportunity to relish its comforting goodness at your leisure.

Nutrition Facts

6 servings per recipe

Serving size 1 cup

Amount per serving

Calories **250**

% Daily Value*

Total Fat 9g

Saturated Fat 2g

Cholesterol 54mg

Sodium

Total Carbohydrate 21g

Dietary Fiber 4g

Protein 21g

Cancer Support Community

<https://www.cancersupportcommunity.org/recipe/sweet-potato-chili>

INGREDIENTS

- 1 Tbsp olive oil
- 1/2 onion, chopped
- 1 lb lean ground turkey
- 1 Tbsp chili powder
- 1 1/2 tsp cumin
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 3 sweet potatoes, diced
- 3 cups vegetable or chicken broth
- 1 can kidney beans, drained



DIRECTIONS

1. Heat olive oil over medium heat in heavy bottomed pot.
2. Add onions to pan and cook for 5 minutes, until translucent.
3. Add ground turkey, spices, and salt and cook in the pot until turkey is no longer pink. Remove from pot and set aside.
4. Add sweet potatoes and broth to the pot. Bring to a boil, reduce to a simmer and cook for 10 minutes, or until soft.
5. Once sweet potatoes are soft, puree sweet potatoes with immersion blender or stand up blender until desired consistency.
6. Place pot back over medium heat, add turkey mixture and beans and mix into chili. If too thick, add 1 cup of water or broth to thin the chili.



HELPFUL TIPS

Substitute chopped tofu for ground turkey for a vegetarian-friendly version.



Prep: 10 minutes



Cooking: 20 minutes



Servings: 6

SIDES

The supporting cast you want at every meal.



Avocado Macaroni and Cheese



This yummy variation of classic macaroni and cheese is a rich, heart-healthy treat that's also packed with protein and fiber. It's calorie-dense, making it ideal for cancer patients looking to gain weight. If you prefer a lighter version, you can prepare it using skim or almond milk instead of whole milk and reduce the quantities of butter and cheese. To enhance both color and fiber, consider topping it with vibrant steamed broccoli or your preferred vegetables.

Nutrition Facts

8 servings per recipe

Serving size

1 cup

Amount per serving

Calories

529

% Daily Value*

Total Fat 30g

Saturated Fat 15g

Cholesterol 71mg

Sodium

Total Carbohydrate 47g

Dietary Fiber 9g

Protein 22g

American Institute for Cancer Research

<https://www.aicr.org/cancer-prevention/recipes/avocado-macaroni-and-cheese>

INGREDIENTS

- 16 oz pasta
- 2 avocados, pitted and mashed
- 1 Tbsp lime juice
- 1/2 tsp salt
- 1 clove garlic, minced
- 3 Tbsp butter
- 3 Tbsp flour
- 2 cups whole milk
- 1 1/2 cups white cheddar, shredded
- 1/2 cup Gruyère cheese, shredded

DIRECTIONS

1. Cook pasta per package directions.
2. Combine avocado, lime juice, salt, and garlic in food processor. Process until smooth. Set aside.
3. In a large saucepan, melt butter over medium heat.
4. Whisk in flour and cook for 1-2 minutes to make a roux.
5. Gradually add milk to roux, whisking as you add. Cook on stovetop for 5-7 minutes, whisking regularly until roux thickens.
6. Add avocado mixture to milk mixture while on stovetop and continue to cook for an additional 5 minutes.
7. Remove from heat and stir in shredded cheese.
8. Once pasta is cooked, drain, and add to cheese sauce.



HELPFUL TIPS

Substitute chickpea or protein pasta instead of regular pasta for additional protein and calories.



Prep: 5 minutes



Cooking: 15 minutes



Servings: 8

Barley Risotto



Barley introduces a hearty and nutrient-packed twist to the traditional risotto, typically prepared with Arborio rice. Its robust flavor and chewy texture elevate the dish’s overall appeal, offering a satisfying alternative to rice. For those seeking additional protein options, consider incorporating well-cooked chicken for a meaty variation, or opt for cannellini beans or tofu to create a wholesome and vegetarian alternative that still delivers on taste and nutrition.

| | |
|-------------------------------|------------|
| Nutrition Facts | |
| 2 servings per recipe | |
| Serving size | 1 cup |
| Amount per serving | |
| Calories | 430 |
| <small>% Daily Value*</small> | |
| Total Fat 19g | |
| Saturated Fat 3g | |
| Cholesterol | |
| Sodium 800mg | |
| Total Carbohydrate 60g | |
| Dietary Fiber 11g | |
| Protein 6g | |

Memorial Sloan Kettering Cancer Center
<https://www.mskcc.org/experience/patient-support/nutrition-cancer/recipes/barley-risotto>

INGREDIENTS

- 2 Tbsp plus 2 tsp olive oil
- 1 shallot, finely minced
- 1/2 cup dry barley
- 3 cups low-sodium vegetable or chicken stock
- 2 cups peeled and diced butternut squash
- 1/2 tsp salt
- 1/4 cup crumbled pasteurized milk feta cheese (optional)

DIRECTIONS

1. Rinse produce under cold running water for 20 seconds to remove excess dirt.
2. Heat 2 Tbsp olive oil over medium-low heat in a medium saucepan. Add shallots, cook until softened, 3 to 5 minutes. Add barley and stir until each kernel is coated.
3. Increase heat to medium-high and toast barley, stirring constantly, for 3 minutes. Add 2 Tbsp stock and stir. Continue to add stock, 1/4 cup at a time, while continuing to stir, allowing stock to absorb into barley. Continue adding stock until barley is tender, about 30 minutes.
4. While barley cooks, heat 2 tsp olive oil in a small pan. Add butternut squash and salt and cook over low heat until tender and cooked through, about 15 minutes.
5. When barley is tender and most of the stock has been absorbed, add cooked butternut squash, stir well to combine. Add feta, if desired.
6. To serve, risotto should register 145 degrees Fahrenheit or higher on an instant-read thermometer placed in the middle of the dish. Refrigerate risotto within one hour of cooking and eat any leftovers within 48 hours.



HELPFUL TIPS

Serve with grilled chicken, shrimp, or tofu for additional protein.



Prep: 20 minutes



Cooking: 45 minutes



Servings: 2

Garlic Greens and Mushrooms



Garlic isn't just versatile and tasty, this popular vegetable may also contribute to cancer prevention. Garlic boasts an abundance of allium compounds known for their potential anti-cancer properties. This aromatic combination of greens, mushrooms, and garlic provides you with a nutrient-packed side dish that's not only delicious but infused with positive health benefits.

Nutrition Facts

2 servings per recipe

Serving size

1/2 cup

Amount per serving

Calories

45

% Daily Value*

Total Fat 2.5g

Saturated Fat 0g

Cholesterol 0mg

Sodium 80mg

Total Carbohydrate 4g

Dietary Fiber 2g

Protein 2g

American Institute for Cancer Research

<https://www.aicr.org/cancer-prevention/recipes/garlicky-greens-and-mushrooms>

INGREDIENTS

- 1 tsp olive oil
- 1-2 cloves garlic
- Sprinkle of crushed red pepper (optional)
- 1 cup mushrooms, sliced
- 1/2 bunch Swiss chard, chopped
- 2 cups baby spinach
- Salt and freshly ground black pepper, to taste

DIRECTIONS

1. In a large non-stick skillet, heat olive oil over medium heat.
2. Add garlic and crushed red pepper (if using) to pan and sauté for 2 minutes.
3. Add mushrooms and chard and cook, stirring frequently, for an additional 5 minutes.
4. Add spinach and cook until just wilted, about 1 minute longer.
5. Season with salt and pepper and serve.



HELPFUL TIPS

Add sliced hardboiled eggs for additional protein.



Prep: 5 minutes



Cooking: 10 minutes



Servings: 2

Mediterranean Quinoa Salad



Incorporate this colorful salad into your meals as a delightful side dish. Its diverse ingredients not only offer a substantial amount of protein and healthy fats, perfect for those experiencing unintentional weight loss, but also help provide over one-third of the average person’s daily fiber intake. This fiber-rich content can assist in promoting regular bowel movements for individuals dealing with constipation, contributing to overall digestive well-being.

Nutrition Facts

6 servings per recipe

Serving size1 cup

Amount per serving

Calories510

% Daily Value*

Total Fat 25g

Saturated Fat 3.5g

Cholesterol 5mg

Sodium 270mg

Total Carbohydrate 58g

Dietary Fiber 10g

Protein 17g

American Institute for Cancer Research
<https://www.aicr.org/cancer-prevention/recipes/mediterranean-quinoa-salad>

INGREDIENTS

Salad

- 1 cup orange bell pepper, diced
- 1 (15 oz) can cannellini beans, drained and rinsed
- 1 lb cherry tomatoes, drained and rinsed
- 1/2 large red onion, diced
- 1/2 cup sliced black or Kalamata olives
- 5 cups cooked and cooled quinoa

Pesto Sauce

- 1 cup fresh basil
- 1/2 cup pine nuts
- 1/3 cup olive oil
- 1/4 cup Parmesan cheese
- 2 cloves garlic
- 1/2 tsp black pepper
- 1/4 tsp salt, or to taste
- Water

DIRECTIONS

1. Combine salad ingredients and toss with quinoa.
2. Place pesto ingredients in food processor or blender. Purée on medium-high and add water until desired consistency.
3. Toss into quinoa mixture. Allow to set at least 2 hours before serving to maximize flavor.



HELPFUL TIPS

Add chopped cucumbers to salad for additional antioxidants and hydration.



Prep: 30 minutes



Cooking: 120 minutes



Servings: 6

Quinoa Tabbouleh



Perfect for lunch, a light dinner, or as a side dish, this quinoa tabbouleh offers a well-rounded nutritional profile and bursts of vibrant flavors. Unlike the traditional tabbouleh, this rendition is rich in both protein and fiber, thanks to the inclusion of whole grain quinoa. To transform it into a satisfying and wholesome salad, consider incorporating seasoned ground chicken or turkey breast.

Nutrition Facts

6 servings per recipe

Serving size

3/4 cup

Amount per serving

Calories

200

% Daily Value*

Total Fat 9g

Saturated Fat 2.5g

Cholesterol 10mg

Sodium 125mg

Total Carbohydrate 23g

Dietary Fiber 3g

Protein 7g

Cancer Support Community

<https://www.cancersupportcommunity.org/recipe/quinoa-tabbouleh>

INGREDIENTS

- 1 cup quinoa, uncooked
- 1 cup diced tomatoes
- 1 cup diced cucumbers
- 1/2 cup diced red bell peppers
- 1 cup fresh parsley, chopped
- 1/2 cup fresh mint
- 2 lemons, juiced
- 2 Tbsp olive oil
- 1/2 cup feta cheese (optional)



DIRECTIONS

1. Rinse and cook quinoa according to package instructions.
2. While quinoa is on the stove, combine the tomatoes, cucumbers, peppers, and herbs in a large bowl.
3. Once quinoa is cooked and cooled, add into the vegetable and herb bowl.
4. Add lemon juice and olive oil.
5. Top with feta cheese, if desired.



HELPFUL TIPS

Add a can of beans for additional protein and fiber.



Prep: 10 minutes



Cooking: 20 minutes



Servings: 6

SNACKS

Small moments of flavor between the day's bigger bites.



Avocado Deviled Eggs



This creamy and satisfying spin on deviled eggs offers a healthier twist without sacrificing flavor. Packed with protein and B-vitamins from the eggs, as well as heart-healthy fats and fiber from avocados, it's a nutritious choice. Incorporating classic guacamole elements like lime, cilantro, and tomato into the filling adds a burst of flavor. Serving this guacamole-inspired filling in egg halves creates a portion-controlled appetizer, making it a perfect bite before your main course.

Nutrition Facts

12 servings per recipe

Serving size 2 egg halves

Amount per serving

Calories **130**

% Daily Value*

Total Fat 10g

Saturated Fat 2.5g

Cholesterol 185mg

Sodium 120mg

Total Carbohydrate 4g

Dietary Fiber 2g

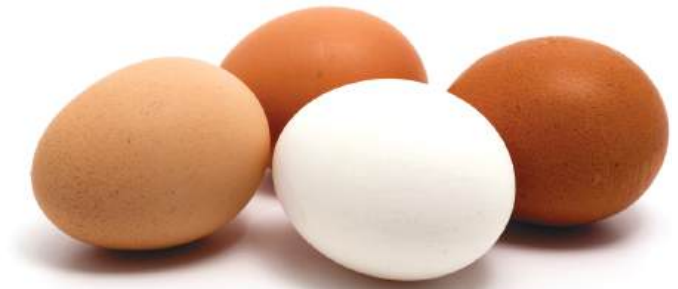
Protein 7g

American Institute for Cancer Research

<https://www.aicr.org/cancer-prevention/recipes/avocado-deviled-eggs>

INGREDIENTS

- 12 large eggs
- 2 medium avocados, chopped
- 1 medium tomato, chopped
- 2 Tbsp red onion, finely chopped
- 1 clove garlic, minced
- 1 Tbsp cilantro, finely chopped
- 1 Tbsp fresh lime juice
- 1/4 tsp salt
- Sprinkle of paprika
- 1/2 jalapeño pepper, minced (optional)



DIRECTIONS

1. Hard boil eggs by placing eggs in an even layer in large pot covered by 2 inches of cold water. Heat pan on high and bring to rolling boil. Immediately turn off heat, cover pot with lid and let eggs sit on hot burner for 10 minutes.
2. Transfer eggs to bowl of ice water to cool; peel eggs.
3. Slice eggs lengthwise and scoop out yolks; place yolks in large mixing bowl.
4. Add avocados to yolks and mash with fork until completely mixed.
5. Add remaining ingredients, except paprika. Stir to combine.
6. Carefully scoop about 1 Tbsp of mixture into each egg white half.
7. Sprinkle with paprika to garnish.
8. Top with jalapeño, if using.



HELPFUL TIPS

Add mayonnaise or mustard for additional flavor.



Prep: 10 minutes



Cooking: 20 minutes



Servings: 12

Baked Falafel with Ginger Tzatziki



Falafel is a nutritious and flavorful dish that's both fun and health-conscious. This baked version is lower in fat, making it a great choice for those with digestive concerns. The ginger and lemon-infused tzatziki dip can provide relief from nausea. For a heartier option, serve the falafel on pita or naan, topped with tzatziki, hummus, and fresh veggies.

Nutrition Facts

4 servings per recipe

Serving size 2 falafels

Amount per serving

Calories **150**

% Daily Value*

Total Fat 2.5g

Saturated Fat 0g

Cholesterol 0mg

Sodium 520mg

Total Carbohydrate 23g

Dietary Fiber 5g

Protein 10g

Cancer Support Community

<https://www.cancersupportcommunity.org/recipe/baked-falafel-ginger-tzatziki>

INGREDIENTS

- 1 can (15 oz) chickpeas, drained
- 1 cup fresh parsley
- 1/2 cup fresh cilantro
- 1/4 cup fresh mint
- 1 clove garlic, minced
- 2 Tbsp lemon juice, divided
- 1/2 tsp salt
- 1 tsp cumin
- 1/2 tsp baking powder
- 2 Tbsp flour
- 3/4 cup plain Greek yogurt
- 1/2 cucumber, grated
- 1 inch ginger slice, grated

DIRECTIONS

1. Preheat oven to 375 degrees Fahrenheit. Spray baking sheet with cooking spray.
2. Combine chickpeas, herbs, garlic, 1 Tbsp lemon juice, salt, cumin, baking powder, and flour in large food processor or blender. Blend until combined.
3. Form into small patties and place on prepared baking sheet.
4. Bake for 20-25 minutes, flipping halfway, until browned on both sides.
5. While falafel patties are cooking, make tzatziki dip. Combine yogurt, cucumber, remaining lemon juice, and grated ginger in a small bowl. Place in refrigerator until ready to eat. To eat, dip falafel in tzatziki sauce and enjoy!



HELPFUL TIPS

Add more lemon if experiencing changes in taste.



Prep: 10 minutes



Cooking: 25 minutes



Servings: 4

Brussels Sprout Apple Slaw with Cranberries and Walnuts



Brussels sprouts tend to spark a love-hate relationship on dinner tables. If you're in the hesitant camp, give this quick slaw a try – it balances the sprouts' tangy bitterness with the sweetness of apples, dried cranberries, and walnuts. Beyond its deliciousness, incorporating veggies like Brussels sprouts into your diet can reduce the risk of certain cancers, including those affecting the colon, mouth, esophagus, and stomach.

Nutrition Facts

8 servings per recipe

Serving size 1/2 cup

Amount per serving

Calories **120**

% Daily Value*

Total Fat 7g

Saturated Fat 0.5g

Cholesterol 0mg

Sodium 135mg

Total Carbohydrate 15g

Dietary Fiber 3g

Protein 2g

American Institute for Cancer Research

<https://www.aicr.org/cancer-prevention/recipes/brussels-sprout-slaw-with-cranberries-and-walnuts>

INGREDIENTS

- 3/4 lb Brussels sprouts
- 1 Fuji or Gala apple, peeled, cored, and finely chopped
- 2/3 cup dried cranberries
- 1/2 cup chopped walnuts
- 1/2 tsp kosher salt
- 1/8 tsp freshly ground pepper
- 1/3 cup fresh Meyer lemon juice
- 1 Tbsp extra-virgin olive oil



DIRECTIONS

1. Trim bottom from sprouts and remove any loose or bruised leaves. Place shredding disc or fine slicing disc in food processor, and using feeder tube, gradually shred Brussels sprouts; there will be about 4 1/2 cups.
2. Transfer shredded sprouts to mixing bowl. Add apple, cranberries, walnuts, salt, pepper, and lemon juice. Stir with a fork to combine.
3. Add oil and stir well.
4. Cover and refrigerate slaw for 1-3 hours or overnight for flavors to marinate.
5. Mix well before serving.



HELPFUL TIPS

Add different nuts and dried fruits for flavor variations.



Prep: 30 minutes



Refrigerate: 120 minutes



Servings: 4

Classic Hummus



With just four simple ingredients, this creamy and versatile classic hummus is perfect for dipping, spreading, or complementing a wide range of dishes. Whether you're a seasoned chef or a beginner in the kitchen, this hummus recipe is one you won't want to pass up.

Nutrition Facts

8 servings per recipe

Serving size 1/3 cup

Amount per serving

Calories **89**

% Daily Value*

Total Fat 3g

Saturated Fat 0g

Cholesterol

Sodium 160 mg

Total Carbohydrate 13g

Dietary Fiber 3g

Protein 3g

American Institute for Cancer Research

<https://www.aicr.org/cancer-prevention/recipes/four-way-hummus>

INGREDIENTS

- 1 can (15 oz) chickpeas, with liquid
- 2 garlic cloves
- 2 Tbsp lemon juice
- 2 Tbsp tahini (sesame seed paste)
- 1/4 tsp ground black pepper
- 1 Tbsp extra virgin olive oil
- 1 pinch of salt (optional)

DIRECTIONS

1. Drain the chickpeas, reserving the liquid. Put the beans into a blender or food processor.
2. Add the garlic, lemon juice, tahini, black pepper, and olive oil, as well as about half of the reserved bean liquid.
3. Puree the bean mixture, adding additional bean liquid as necessary to produce a smooth, very thick, creamy dip. Season with salt, if desired.
4. Pour the bean dip into a serving dish.
5. Optional: garnish with additional chickpeas, a drizzle of olive oil, and sprinkle of black pepper.



HELPFUL TIPS

Use fresh veggies or whole wheat pita for dipping to increase calories and fiber.



Prep: 5 minutes



Total Time: 15 minutes



Servings: 8

Smoky Pumpkin Hummus



Savor the smoky allure of this Smoky Pumpkin Hummus. With just four simple ingredients, it fuses the traditional charm of classic hummus with the warmth of pumpkin, all in a healthy, wholesome package. Creamy and versatile, it's perfect for dipping, spreading, or enhancing your dishes. Whether you're a pro chef or a kitchen newbie, this recipe is a must-try.

Nutrition Facts
8 servings per recipe
Serving size 1/3 cup
Amount per serving
Calories 89
% Daily Value*
Total Fat 3g
Saturated Fat 0g
Cholesterol
Sodium 160 mg
Total Carbohydrate 13g
Dietary Fiber 3g
Protein 3g

American Institute for Cancer Research
<https://www.aicr.org/cancer-prevention/recipes/four-way-hummus>

INGREDIENTS

- 1 can (15 oz) chickpeas, with liquid
- 2 garlic cloves
- 2 Tbsp lemon juice
- 2 Tbsp tahini (sesame seed paste)
- 1/4 tsp ground black pepper
- 1 Tbsp extra virgin olive oil
- 1 pinch of salt (optional)
- 3/4 cup pumpkin, canned or cooked, pureed
- 1 tsp cumin seeds
- 1/2 tsp smoked paprika
- 1 Tbsp pumpkin seeds

DIRECTIONS

1. Drain the chickpeas, reserving the liquid. Put the beans into a blender or food processor.
2. Add the garlic, lemon juice, tahini, black pepper, and olive oil, as well as about half of the reserved bean liquid.
3. Add the pumpkin, cumin seeds, smoked paprika, and enough bean liquid to make a smooth, very thick, creamy dip.
4. Pour the bean dip into a serving dish.
5. Garnish with drizzle of olive oil, sprinkle of smoked paprika, and pumpkin seeds.



HELPFUL TIPS

Use fresh veggies or whole wheat pita for dipping to increase calories and fiber.



Prep: 5 minutes



Total Time: 15 minutes



Servings: 8



Try this creamy Avocado Cilantro Hummus, a delightful twist on classic hummus. It marries creamy avocado with zesty cilantro, offering a flavorful experience.

Nutrition Facts

8 servings per recipe
Serving size 1/3 cup

Amount per serving

Calories **89**

% Daily Value*

Total Fat 3g
Saturated Fat 0g

Cholesterol

Sodium 160 mg

Total Carbohydrate 13g
Dietary Fiber 3g

Protein 3g

American Institute for Cancer Research
[https://www.aicr.org/cancer-prevention/
recipes/four-way-hummus](https://www.aicr.org/cancer-prevention/recipes/four-way-hummus)

<https://www.aicr.org/cancer-prevention/recipes/four-way-hummus>

INGREDIENTS

- 1 can (15 oz) chickpeas, with liquid
- 2 garlic cloves
- 2 Tbsp lemon juice
- 2 Tbsp tahini (sesame seed paste)
- 1/4 tsp ground black pepper
- 1 pinch of salt (optional)
- 1 Tbsp extra virgin olive oil
- 1 lemon, zested
- 1 small jalapeno pepper, quartered
- 1 Tbsp fresh cilantro
- 1 small avocado

DIRECTIONS

1. Drain the chickpeas, reserving the liquid. Put the beans into a blender or food processor.
2. Add the garlic, lemon juice, tahini, black pepper, and olive oil, as well as about half of the reserved bean liquid.
3. Add the lemon zest, jalapeno, and cilantro to the blender or processor.
4. Slice the avocado in half, remove the pit, and scoop out the flesh into the blender or processor.
5. Puree the mixture, adding enough reserved bean liquid as necessary to produce a smooth, very thick, creamy dip.
6. Pour the bean dip into a serving dish.
7. Optional: garnish with a drizzle of olive oil, additional fresh cilantro, and paprika.



HELPFUL TIPS

Use fresh veggies or whole wheat pita for dipping to increase calories and fiber.



Prep: 5 minutes



Total Time: 15 minutes



Servings: 8

Olive Sun-Dried Tomato Hummus



This Olive Sun-Dried Tomato Hummus brings together the rich essence of olives and the bold, tangy flavor of sun-dried tomatoes, creating a hummus that not only tantalized your taste buds but also provides nutritional benefits. Be sure to try this delightful twist on classic hummus.

Nutrition Facts

8 servings per recipe

Serving size 1/3 cup

Amount per serving

Calories **89**

% Daily Value*

Total Fat 3g

Saturated Fat 0g

Cholesterol

Sodium 160 mg

Total Carbohydrate 13g

Dietary Fiber 3g

Protein 3g

American Institute for Cancer Research

<https://www.aicr.org/cancer-prevention/recipes/four-way-hummus>

INGREDIENTS

- 1 can (15 oz) chickpeas, with liquid
- 2 garlic cloves
- 2 Tbsp lemon juice
- 2 Tbsp tahini (sesame seed paste)
- 1/4 tsp ground black pepper
- 1 pinch of salt (optional)
- 1/3 cup Kalamata olives, pitted, drained
- 1/3 cup sun-dried tomatoes, sliced
- 1 tsp dried basil

DIRECTIONS

1. Drain the chickpeas, reserving the liquid. Put the beans into a blender or food processor.
2. Add the garlic, lemon juice, tahini, black pepper, and olive oil, as well as about half of the reserved bean liquid.
3. Add the kalamata olives, sun-dried tomatoes, and basil to the blender or food processor.
4. Puree the mixture, adding reserved bean liquid as necessary to produce a smooth, very thick, creamy dip.
5. Pour the dip into a serving dish.
6. Optional: garnish with olive oil, kalamata olives, sun-dried tomatoes, and black pepper.



HELPFUL TIPS

Use fresh veggies or whole wheat pita for dipping to increase calories and fiber.



Prep: 5 minutes



Total Time: 15 minutes



Servings: 8

DESSERTS

Satisfy your cravings for sweets with nourishing options.



Cherry Coconut Popsicle



For soothing dry mouths, nothing beats a refreshing popsicle like this cherry coconut version. Unlike conventional frozen treats, it offers fiber, healthy fats, and protein, making it an ideal snack for cancer patients dealing with dry mouth, swallowing difficulties, or mouth sores from radiation. Plus, it's versatile enough to experiment with other fruit juices you have available.

Nutrition Facts

6 servings per recipe

Serving size 1 popsicle

Amount per serving

Calories **172**

% Daily Value*

Total Fat 12g

Saturated Fat 7g

Cholesterol 0mg

Sodium

Total Carbohydrate 15g

Dietary Fiber 3g

Protein 1g

Cancer Support Community

<https://www.cancersupportcommunity.org/recipe/cranberry-coconut-popsicle>

INGREDIENTS

- 1 cup canned coconut milk
- 1 avocado
- 2 cups cherry juice

DIRECTIONS

1. Combine all ingredients in blender.
2. Blend until smooth.
3. Pour into popsicle molds.
4. Freeze for at least 2 hours.
5. TIP: If you have extra blended ingredients, make a smoothie out of it!
Add yogurt and frozen fruit for an extra satisfying treat.



HELPFUL TIPS

Substitute prune or apple juice for milk to relieve constipation.



Prep: 5 minutes



Freeze: 120 minutes



Servings: 6

Chocolate Avocado Pudding



Indulge in this decadent chocolate pudding made with an avocado and banana twist. The unexpected blend of creamy avocado and ripe banana combined with the richness of cocoa creates a guilt-free, yet satisfying, treat. Sure to satisfy any sweet tooth, while providing a healthier dessert experience.

Nutrition Facts

4 servings per recipe

Serving size 1/2 cup

Amount per serving

Calories **291**

% Daily Value*

Total Fat 17g

Saturated Fat 2g

Cholesterol 0mg

Sodium 7mg

Total Carbohydrate 36g

Dietary Fiber 11g

Protein 5g

Cancer Nutrition Consortium

<https://www.cancernutrition.org/recipes/chocolate-avocado-pudding>

INGREDIENTS

- 2 avocados peeled; pitted
- 1 banana
- 1/2 cup cocoa powder unsweetened
- 1/2 cup dates pitted; soak in water for a few hours, drain
- 1 tsp pure vanilla extract

DIRECTIONS

1. Combine all ingredients in a food processor until smooth.
2. Scrape down sides of bowl as needed.
3. Transfer to individual serving bowls.
4. Chill for at least 2-3 hours before serving.



HELPFUL TIPS

Substitute fruit or vegetable of choice for various flavor combinations.



Prep: 5 minutes



Refrigerate: 120 minutes



Servings: 4

Pear and Blueberry Crumble



This nutrient-packed crumble, perfect for a seasonal cookout, blends wholesome ingredients to create a deliciously guilt-free dessert. Offering a generous dose of fiber, it's a delightful departure from traditional sweets. Get creative by adding an assortment of fresh or frozen fruits for a simple yet flavorful treat that everyone will enjoy.

Nutrition Facts

8 servings per recipe

Serving size 1/2 cup

Amount per serving

Calories **220**

% Daily Value*

Total Fat 10g

Saturated Fat 4g

Cholesterol 15mg

Sodium 4mg

Total Carbohydrate 32g

Dietary Fiber 6g

Protein 3g

Cancer Support Community

<https://www.cancersupportcommunity.org/recipe/pear-and-blueberry-crumble>

INGREDIENTS

- 4 pears, thinly sliced
- 2 cups blueberries
- 1 Tbsp pure maple syrup
- 2 tsp lemon juice
- 2 Tbsp whole wheat flour
- 2 Tbsp ground flaxseeds
- 1/2 cup old fashioned oats
- 1/2 cup almonds, thinly chopped
- 1/4 cup brown sugar
- 1/2 tsp cinnamon
- 1/4 cup cold unsalted butter, cut into small cubes

DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit.
2. Mix fruit, maple syrup, and lemon juice in a bowl.
3. Grease an 8x8 baking dish and add fruit mixture.
4. In a separate bowl, combine flour, flaxseeds, oats, almonds, brown sugar, and cinnamon.
5. Add butter and mix with your hands or wooden spoon until butter is combined with dry ingredients.
6. Top fruit with oat mixture.
7. Bake uncovered for 20-25 minutes, until top is lightly browned.



HELPFUL TIPS

Prepare oat mixture in advance and store in the freezer for up to 2 months.



Prep: 15 minutes



Cooking: 25 minutes



Servings: 8

Sweet Potato Ice Cream



This two ingredient sweet potato ice cream recipe is a quick and effortless dessert with no churn necessary! Crafted from the blend of creamy mashed sweet potato and banana, this dessert offers a smooth and rich base. Add walnuts, pecans, berries, or other optional spices for added texture, or replace the cinnamon with pumpkin pie spice for some extra fall flavor. This sweet dessert is like pie in ice cream form!

Nutrition Facts

2 servings per recipe

Serving size 3/4 cup

Amount per serving

Calories **273**

% Daily Value*

Total Fat 1g

Saturated Fat 0g

Cholesterol 0mg

Sodium 100mg

Total Carbohydrate 66g

Dietary Fiber 9g

Protein 4g

HGN Community Cancer Center

<https://www.communitycancercenter.org/nutrition/recipes/two-ingredient-sweet-potato-ice-cream>

INGREDIENTS

- 1 large sweet potato, or 1 cup mashed sweet potato
- 1 banana, peeled and frozen
- 1 tsp vanilla (optional)
- 2 tsp cinnamon (optional)
- Honey or maple syrup (optional, for drizzling)

DIRECTIONS

1. Wash sweet potato, pierce with fork, and cook in the microwave on high for 6-8 minutes, or until tender. Let cool to touch.
2. Scoop flesh out of potato, and transfer to a small bowl.
3. Mash with vanilla and cinnamon if using.
4. Transfer to a freezer-safe container with a lid and freeze sweet potato at least 2 hours, or overnight.
5. Slice banana, and freeze at least 2 hours, or overnight.
6. Once frozen, add potato and banana to a food processor or high-powered blender, and blend until smooth.
7. Top with additional cinnamon and maple syrup or honey if desired, and serve for a soft-serve texture, or freeze until firmer for a hard ice cream texture.



HELPFUL TIPS

Stir in chopped walnuts or pecans for extra texture and additional healthy fats.



Prep: 10 minutes



Freeze: 120 minutes



Servings: 2

BEVERAGES

Raise a glass and toast these refreshing options.



Blueberry Nut Butter Smoothie



The natural sweetness from blueberries, bananas, and dates, combined with the creamy richness of peanut butter, works harmoniously to balance and soften the taste of the leafy greens. Fruit and vegetable smoothies are advantageous for individuals with reduced appetite as they offer a concentrated source of nutrition in just a few sips.

Nutrition Facts

1 servings per recipe

Serving size

1 smoothie

Amount per serving

Calories

413

% Daily Value*

Total Fat 11g

Saturated Fat 3g

Cholesterol 9mg

Sodium 203mg

Total Carbohydrate 76g

Dietary Fiber 11g

Protein 13g

Head and Neck Cancer Alliance

[https://www.headandneck.org/
nutrition/rc-archives/rc-05](https://www.headandneck.org/nutrition/rc-archives/rc-05)

INGREDIENTS

- 3/4 cup frozen blueberries
- 1 cup leafy greens, such as spinach or kale
- 1 Tbsp peanut butter or any nut butter
- 3/4 cup milk
- 1/2 medium-size frozen or fresh ripe banana, sliced
- 2 Medjool dates, pitted
- 1/2 cup ice

DIRECTIONS

1. Place all the ingredients into a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy!



HELPFUL TIPS

Substitute fruit or vegetable of choice for various flavor combinations.



Prep: 5 minutes



Blending: 3 minutes



Servings: 1

Strawberry Mint Lemonade



Quench your thirst with the refreshing taste of strawberry mint lemonade. This invigorating beverage combines the tangy zest of freshly squeezed lemons with the sweetness of ripe, juicy strawberries, culminating in a tantalizing fusion of flavors. Infused with aromatic mint leaves, each sip is a revitalizing burst of coolness. Perfect for warm days or any occasion.

Nutrition Facts

4 servings per recipe

Serving size 1 cup

Amount per serving

Calories **75**

% Daily Value*

Total Fat 0g

Saturated Fat 0g

Cholesterol 0mg

Sodium 11mg

Total Carbohydrate 12g

Dietary Fiber 0g

Protein 0g

HGN Community Cancer Center

<https://www.communitycancercenter.org/nutrition/recipes/minty-strawberry-lemonade>

INGREDIENTS

- 1 1/2 cups fresh strawberries
- 1 cup fresh pineapple
- 1/3 cup fresh mint leaves
- 1 cup lemon juice
- 1/4 cup simple syrup
(make by dissolving sugar in hot water at a one-to-one ratio)

DIRECTIONS

1. Clean and cut strawberries.
2. Clean and cut fresh pineapple.
3. Blend the strawberries, pineapple, and mint leaves.
4. Mix/stir the lemon juice and simple syrup with the fruit.
5. Serve drink over ice and enjoy!



HELPFUL TIPS

Substitute various fruits for endless flavor combinations.



Prep: 10 minutes



Total Time: 12 minutes



Servings: 4

Chai Hot Chocolate



Indulge in this cozy fusion of two beloved flavors, chai and chocolate. This delightful beverage marries the robust, aromatic spices of chai tea with the comforting richness of classic hot chocolate. Each sip offers creamy cocoa and the warming embrace of chai’s cinnamon, cardamom, ginger, and cloves. The result is a beverage perfect for cozy evenings or chilly days.

Nutrition Facts

4 servings per recipe

Serving size1 cup

Amount per serving

Calories**110**

% Daily Value*

Total Fat0g

Saturated Fat0g

Cholesterol0mg

Sodium50mg

Total Carbohydrate20g

Dietary Fiber4g

Protein4g

American Institute for Cancer Research

<https://www.aicr.org/cancer-prevention/recipes/chai-hot-chocolate>

INGREDIENTS

- 4 cardamom pods, cracked
- 1 (4-inch) piece cinnamon stick
- 4 whole cloves
- 1/4 tsp anise seed
- 2 - 4 (1/4-inch) slices fresh ginger, peeled
- 2 cups water
- 2 black tea bags
- 2 Tbsp unsweetened natural cocoa powder
- 2 - 4 tsp vanilla extract
- 2 cups unsweetened almond or soy milk

DIRECTIONS

1. Place cardamon, cinnamon, cloves, anise seed, and ginger in a medium saucepan, add 2 cups water. Cover and simmer over medium-low heat for 3 minutes. When water simmers, cover and simmer over medium-low heat for 3 minutes.
2. Remove from heat. Add tea bags, cover, and steep for 4 minutes.
3. Remove tea bags, cover, and steep brewed tea with spices for 20 minutes. Strain to remove spices, and return spiced tea to saucepan.
4. In small bowl, whisk cocoa with 1/4 cup of hot tea until dissolved, then add back to sauce pan.
5. Mix in vanilla and almond/soy milk. Heat chai over medium-high heat until steaming. Sweeten to taste then pour into mugs, or divide chai among 4 mugs and sweeten to taste individually.



HELPFUL TIPS

Serve with a scoop of ice cream for additional calories and creaminess.



Prep: 10 minutes



Cooking: 20 minutes



Servings: 4

Super Milk



Enjoy a drink that is high in protein, high in calories, and tastes great. You can customize your super milk with multiple flavoring options like chocolate, strawberry, maple syrup, honey, and even top with ice cream toppings. Baking extracts like vanilla, almond, banana, orange, flavored gelatin powder, instant pudding, and fresh fruit are great options too. This high protein beverage will quench your thirst and help keep you full.

Nutrition Facts

4 servings per recipe

Serving size

1 cup

Amount per serving

Calories

310

% Daily Value*

Total Fat 9g

Saturated Fat 5g

Cholesterol 24mg

Sodium 325mg

Total Carbohydrate 40g

Dietary Fiber 1g

Protein 16g

HGN Community Cancer Center

[https://www.communitycancercenter.](https://www.communitycancercenter.org/nutrition/recipes/super-milk-high-protein-high-calorie-beverage-with-flavoring-options)

[org/nutrition/recipes/super-milk-high-protein-high-calorie-beverage-with-flavoring-options](https://www.communitycancercenter.org/nutrition/recipes/super-milk-high-protein-high-calorie-beverage-with-flavoring-options)

INGREDIENTS

- 1 quart (4 cups) whole milk
- 1 cup nonfat instant dry milk
- Flavoring ingredients (optional)
 - Chocolate or strawberry drink mix
 - Maple syrup or honey (pasteurized)
 - Ice cream toppings
 - Liquid baking extracts and flavorings
- Flavored water enhancer (orange, sweet tea, berry)
- Flavored syrups (for snow cones)
- Flavored gelatin or instant pudding
- Fresh fruits

DIRECTIONS

1. Pour liquid milk into a deep bowl or pitcher
2. Add dry milk powder. Beat until dissolved.
3. Add flavoring ingredients (if desired) to taste. It is recommended to start with small amounts of flavoring, too much flavoring may taste bitter.
4. Chill and serve cold.



HELPFUL TIPS

Use Super Milk as substitute for recipes calling for milk to increase calories.



Prep: 5 minutes



Refrigerate: 10 minutes



Servings: 4

Peach Slushy



Turn sweet summer fruit into a refreshing homemade slushy. With a perfect balance of tangy and sweet, this easy-to-make slushy offers the pure and natural flavors of fresh peaches. Whether you plan to enjoy your slushy as a cooling refresher on a hot day, or a delightful treat after a meal, you won't be disappointed.

Nutrition Facts

3 servings per recipe

Serving size 1 cup

Amount per serving

Calories **45**

% Daily Value*

Total Fat 0g

Saturated Fat 0g

Cholesterol 0mg

Sodium 0mg

Total Carbohydrate 12g

Dietary Fiber 3g

Protein 1g

HGN Community Cancer Center

<https://www.communitycancercenter.org/nutrition/recipes/peach-slushy>

INGREDIENTS

- 2 cups frozen peach wedges
- 1 1/2 cups sparkling water
- 3 Tbsp orange juice (or use frozen orange juice concentrate for a stronger flavor)
- 1-2 tsp sugar or sugar substitute

DIRECTIONS

1. Combine the frozen peach wedges and sparkling water in a blender.
2. Add the orange juice or orange juice concentrate and sugar.
3. Blend ingredients together until smooth.



HELPFUL TIPS

Adjust sugar amount for preferred sweetness.



Prep: 10 minutes



Cooking: not required



Servings: 3





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