Energize Your Body: Breakfast Recipes

Power Pancakes
Makes 6 servings; 3 pancakes each
Bananas, cottage cheese, and wheat germ turn ordinary pancakes into a nutrition-packed breakfast treat. Top them with your favorite yogurt and fresh fruit to make a complete meal.

- 2 small overripe bananas
- 1 cup milk
- 1/2 cup cottage cheese
- 1 egg (suggested: organic omega-3 egg)
- 1 1/4 cups all-purpose flour
- 2 TBSP sugar
- 1 1/2 tsp baking powder
- 1/4 tsp salt
- 2 TBSP wheat germ butter for cooking

- In a medium bowl, mash the bananas with a fork or potato masher.
- Add the milk, cottage cheese, and egg and whisk to blend.
- In a separate large bowl, whisk together the flour, sugar, baking powder, salt, and wheat germ. Add the wet ingredients to the dry all at once and mix gently just until incorporated; do not overbeat.
- Preheat a heavy cast-iron skillet or griddle over medium heat. Grease with butter, then pour on the batter, using about 1/4 cup per pancake. Cook the pancakes for one or two minutes per side, until firm to the touch and golden brown. Serve warm with your choice of topping.

Nutritional facts per serving 220 calories, 8 g protein, 37 g carbohydrates
Adapted from http://www.horizonorganic.com/recipes/

Orange Bran Flax Muffins
Makes 24 muffins

- 1 1/2 cup oat bran
- 1 cup all purpose flour
- 1 cup flaxseed, ground
- 1 cup wheat bran
- 1/2 cup canola oil
- 1/2 tsp salt
- 2 oranges
- 1 cup brown rice
- 1 cup buttermilk
- 1 1/2 cup cranberries
- 1 TBSP baking powder
- 2 eggs
- 1 tsp baking soda

- Preheat the oven to 375F. Line two 12 cup muffin pans with paper liners, or coat the pans with cooking spray. In a large bowl, combine oat bran, flour, flaxseed, wheat bran, baking powder, and salt. Set aside.
- In a blender or food processor, combine oranges, brown sugar, buttermilk, oil, eggs, and baking soda. Blend well.
- Pour orange mixture into dry ingredients. Mix until well blended. Stir in cranberries.
- Divide batter evenly among muffin cups. Bake for 18-20 minutes.
- Cool in pans for 5 minutes before removing to a cooling rack.

Nutrition facts per small muffin: 185 calories, 4 g protein, 8 g fat, 30 g carbohydrate, 3g fiber

Adapted from Prevention magazine 3/17/04
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**Mediterranean Omelet**

*A nonstick pan is the key to producing perfect omelets with no stress. Try this Mediterranean version for brunch, or pair it with salad and garlic bread for a light, easy supper.*

3 eggs (suggested organic omega-3 eggs)
1 Tbsp. whole milk
1/8 tsp garlic salt
1/4 cup crumbled feta cheese
1/4 cup (loosely packed) coarsely chopped fresh spinach
2 Tbsp. coarsely chopped fresh or canned tomatoes
2 Tbsp. coarsely chopped canned artichoke hearts
salt and pepper

For best results, make sure that all filling ingredients are at room temperature when you prepare an omelet.

- Place the eggs, milk, and garlic salt in a bowl and whisk vigorously until well combined.
- Place an 8-inch nonstick skillet over a medium flame and allow to preheat until very hot to the touch. Pour the eggs into the hot skillet and cook, stirring gently, until the mixture resembles very loose scrambled eggs.
- Use a spoon or spatula to gently spread the partially cooked eggs into an even layer in the pan. Immediately sprinkle on the feta, then top with the spinach, tomatoes, and artichoke hearts. Season with salt and pepper. Allow the omelet to cook undisturbed for another minute or two, until the surface of the eggs is no longer runny. Fold the eggs over to complete the omelet, and serve.

Nutritional facts per recipe: 304 calories, 23 g protein

*Adapted from http://www.horizonorganic.com/recipes*

**French Cheese Toast**

*Serves 4*

4 -1 1/2 inch thick slices French bread
1 cup of shredded mozzarella cheese
1 1/2 cups milk
4 large eggs (suggested: organic omega-3 eggs)
1/2 tsp. salt
1/4 tsp. pepper
1 tsp. oregano
1/8 tsp. garlic powder
2 tsp. salted butter
4 tsp. shredded parmesan cheese (optional)

- Cut a slit in each slice of bread without cutting all the way through.
- Stuff each slice with 1/4 cup mozzarella cheese. Press to close.
- Combine milk, eggs, salt, pepper, oregano and garlic powder. Pour mixture over stuffed bread slices, allowing to soak until all liquid is absorbed. (This can be made to this point and refrigerated, covered, overnight.)
- Heat butter in large non-stick frying pan over medium heat. Fry bread slices in butter until golden brown on each side. Serve hot, sprinkling each slice with 1 tsp. parmesan cheese if desired.

Nutritional facts per serving (with parmesan cheese): 339 calories, 21 g protein

*Adapted from http://www.horizonorganic.com/recipes*
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**Colorado Hash**
Serves 8

- 3 medium onions, finely chopped
- 1 large green bell pepper, finely chopped
- 2-3 Tbsp canola oil
- 1 lb twice ground lean beef
- 1 can (16 oz) reduced-sodium herbed tomato sauce
- ½ cup uncooked rice
- 2-3 tsp chili powder
- ½ tsp dried thyme leaves
- ½-1 tsp salt
- ¼ tsp pepper

- Saute onions and bell pepper in oil in large skillet until onions are golden-colored, 5-8 min.
- Add ground beef and cook until browned, crumbling beef finely with fork.
- Add remaining ingredients.
- Spoon mixture into 2-quart baking dish.
- Bake, covered, at 350°F for 30 min; remove cover and bake for an additional 15 min.

**Nutrition facts per serving:** 233.6 calories, 13.1 g protein, 12.7 g fat, 16.9 g carbohydrate, 2.3 g fiber, 202.8 mg sodium

Adapted from “I-Can’t-Chew Cookbook” by Randy Wilson

**Spinach & Mushroom Frittata**
Serves 4

- 8 extra-large eggs
- 2 tablespoons milk
- A dash of hot sauce
- Salt and freshly ground pepper to taste
- 1 large bunch fresh spinach, washed, drained, and chopped
- 3 tablespoons unsalted butter
- 1/4 pound mushrooms, trimmed and thinly sliced
- 2/3 cup grated Gruyere cheese

- Whisk the eggs vigorously. Mix in the milk, salt, pepper, and hot sauce. Heat the oven to 400 degrees F.
- In an ovenproof pan, saute the spinach in the butter, then add the mushrooms. Turn the heat to medium high and pour the eggs into the pan.
- Let the eggs set for several seconds. With a heatproof rubber spatula, gently stir the eggs, starting from the center. This stirring makes the frittata puff up more in the oven.
- Lift the edges so that the eggs flow to the bottom. When the frittata is half-set, add the grated Gruyere.
- Transfer the pan to the heated oven. Cook for about 10 minutes (less if you like runny eggs), until puffed and golden.

**Nutrition Facts per serving:** 343 calories, 22 g protein

Adapted from Fine Cooking - Issue No. 24
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Southwestern Egg Wraps
Serves 6-8

- 3 Tbsp chopped green chilies
- 1 bunch scallions, finely chopped
- 4 eggs
- 5 egg whites
- ¼ cup skim milk
- 1 tsp ground cumin
- Salt and pepper to taste
- 6-8 (6-inch) flour or corn tortillas, heated in the microwave to soften
- 2 cups shredded reduced-fat sharp Cheddar cheese or Monterey Jack cheese

- In a bowl, mix chilies, scallions, eggs (all), milk, cumin, salt and pepper.
- Pour the egg mixture into a nonstick skillet coated with cooking spray over medium heat.
- Scramble eggs until done. Divide the eggs between the tortillas, sprinkle with cheese and salsa. Roll up and serve immediately.

Nutrition facts per serving: 110 calories, 3.6 g protein, 1 g fat

Oatmeal Breakfast Bars
Serves 8 (1 large bar = 1 serving)

- 2 cups Old Fashion Oats
- 1 cup Whole Wheat Flour or All Purpose Flour
- 2 teaspoons cinnamon
- 1 teaspoon baking powder
- ¼ teaspoon kosher salt
- 1½ cups milk
- ¼ cup honey
- 2 tablespoons peanut butter (or any nut butter)
- ½ cup applesauce
- 1 large egg
- 1 teaspoon vanilla extract
- ¼ cup raisins and/or cranberries
- 1 medium banana, quartered and diced

- Place rack in the center reheat oven to 375 degrees. Lightly coat an 8x8 inch square pan with cooking spray.
- In a medium bowl, stir together the oats, flour, cinnamon, baking powder, and salt. In a separate large bowl, combine the milk, applesauce, egg, honey, peanut butter, and vanilla.
- Pour the dry ingredients into the wet mixture and stir to combine. Stir in raisins/raisins or any other additives you may like. Fold in the diced banana, then pour into the prepared baking pan.
- Bake for 35 minutes or until thickened and golden and a toothpick inserted in the center comes out clean. Cool, cut into bars, and serve.

Tofu French Toast
Serves 6 (1 piece of toast = 1 serving)

- 8 oz tofu
- ½ cup water
- ½ teaspoon cinnamon
- 1 banana
- 6 slices whole wheat bread

- Mix all ingredients except bread in a blender until smooth. Pour blended mixture into a
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Apple Cinnamon Slow Cooker Oatmeal
Serves 6

- 1 cup steel cut oats
- 1 cup water or apple juice
- 2.5 cups milk
- 1 cup peeled and chopped apples
- ½ cup raisins (can also add dried cranberries or cherries)
- ½ cup chopped pecans or walnuts
- 2 Tablespoons Butter
- 1 Tablespoon Ground Cinnamon
- 3 Tablespoons Brown Sugar
- 2 Teaspoons vanilla extract
- Pinch of salt
- (Optional) Maple Syrup - drizzle on top to taste

- Add all ingredients into slow cooker (except optional maple syrup)
- Mix well until blended
- Cook on low heat for about 6 hours
- Serve with a drizzle of maple syrup on top if desired

Peanut Butter Overnight Oatmeal
Serves 1

- ½ cup milk
- ½ cup rolled oats
- 2 Tablespoons Peanut Butter
- ⅛ Tablespoon Chia Seeds
- 1 Tablespoon Brown sugar (or Maple Syrup)
- Topping:
  - 1 Banana
  - ½ cup strawberries or raspberries
  - 1 Tablespoon wheat germ/ground flaxseed

- Combine milk, oats, peanut butter, chia seeds, and brown sugar in a bowl or jar. Mix ingredients well and cover with lid or plastic wrap.
- Let sit in refrigerator for at least 6 hours.
- Top with bananas, berries and wheat germ or flax.

Blueberry Overnight Oatmeal
Serves 1

- 1/3 cup milk
- ¼ cup rolled oats
- ¼ cup Greek Yogurt
- 1 Tablespoon Chia Seeds
- ½ Tablespoon Honey
- ½ Tablespoon Ground Cinnamon
- ¼ cup fresh or frozen blueberries

- Combine milk, oats, Greek yogurt, chia seeds, honey and cinnamon in a ½ pint jar with lid. Cover, and shake until combined. Remove Lid and fold in blueberries.
- Cover jar with lid and refrigerate overnight.
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California Guacamole
Makes 3/4 cup

- Cut avocados in half and remove seeds
- Scoop out pulp and place in bowl
- Drizzle pulp with lemon juice and mash
- Add remaining ingredients, mix well and serve

Nutrition facts per Tbsp: 60 calories, fat 5.5g, protein 8g, carbohydrate 4g, fiber 2g

Adapted from the California Avocado Commission

Philly Banana Pudding
Serves 4-6

12 vanilla wafer cookies (crumbled)
1 8oz soft cream cheese
¼ cup sugar
½ tsp. vanilla
1 cup whipping cream
2 medium bananas, mashed

- Line bottom and sides of 1 qt. bowl with cookie crumbs.
- Combine cream cheese, sugar, and vanilla, mixing until blended.
- Fold in remaining ingredients. Spoon over cookies; chill.

Adapted from http://library.osfhealthcare.org/PatientEd/Foodnutritionpdf/High%20Calorie%20Recipes.pdf

Granola
Makes 24 servings

- Spray or lightly grease 1 or 2 shallow cake pans
- Mix oats, wheat germ, seeds, almonds, powdered milk
- Mix oil and honey together and pour over mixture and bake at 325° for 15-20 minutes
- Add the dried fruit about 5 minutes before the granola is done cooking. Stir once or twice during cooking

Adapted from Dana Farber Institute Handout “Cramming in the Calories”

Sweet Potato Pudding
Makes about 1 ½ cups

1/3 cup rolled oats
½ cup fortified soymilk or rice milk
1 cup cooked sweet potato or yam
¼ tsp cinnamon

Combine all ingredients in a blender and blend until smooth
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Special Chocolate Chip Cookies
Makes 100 cookies

- 4 eggs
- 1 1/2 cup brown sugar
- 2 tsp salt
- 2 tsp vanilla
- 1/4 cup flax meal
- 12 oz chocolate chips
(Substitutes: carob bits, nuts)
- 1 cup canned northern white beans, drained and rinsed

1 cup butter
2 cups quick-cooking oats
2 tsp baking soda
3 cups flour
1 1/2 cup sugar

- Preheat oven to 375 degrees. Grease 2 large air-bake cookie sheets.
- In a food processor, blend drained beans and eggs until smooth. Set aside.
- In a large mixing bowl, cream margarine, brown sugar, and sugar until light. Add beans and egg mixture. Beat until well mixed. Add salt, baking soda, and vanilla. Mix well. Add flour and flax meal, and blend until smooth. Stir in oats and chocolate chips.
- Drop by teaspoons onto baking sheet. Bake 8-10 minutes or just until cookies are turning brown. Do not overbake. Remove cookies from baking sheet and cool on wire rack.

Nutrition facts per cookie: 85 calories, 1 g protein, 3 g fat, 12 g carbohydrate, 0.5 g fiber

Adapted from "Mom’s Updated Recipe Box”, Donna L. Weihofen RD, MS

Guacamole Plus
Makes 2 1/2 cups

- 1 cup frozen green peas or 1 cup drained and rinsed canned peas
- 1 ripe avocado
- 1/2 cup mild salsa
- 1 clove garlic, minced
- 1 scallion minced
- Juice of 1 lemon
- 1/2 teaspoon cumin
- 1 tbsp fresh cilantro, chopped

If using frozen peas, blanch in boiling water for 2 minutes, then cool with cold water and drain. Cut avocado into large chunks. Mash avocado and peas together using a fork. Mix in salsa, garlic, scallion, lemon juice, cumin, and cilantro.

Nutrition facts per 1/2 cup serving: 80 calories, 2.6 g protein

Dark Chocolate & Peanut Butter Pudding
Serves 2, 1/4 cup each

- 1/2 small avocado, seeded
- 1/2 cup vanilla Greek yogurt
- 1 small banana, over ripe and mashed
- 1 tsp vanilla extract
- 1 1/2 Tbsp Hershey’s Special Dark cocoa powder
- 1/4 cup soy milk
- 2 Tbsp sugar
- 1 1/2 Tbsp smooth peanut butter

- Combine ingredients in a blender and whip until it has a pudding consistency.
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**High-Calorie Hummus**

2 cups cooked or canned chickpeas (garbanzo beans)  
4 tablespoons high-fat Greek yogurt  
¼ cup tahini  
Juice of half a lemon  
2 cloves garlic  
¼ teaspoon salt  
Pinch of cumin  
Olive oil to thin

Combine all ingredients in food processor high-powered blender and blend well. Add olive oil to thin as needed. Taste as you go and season with salt and pepper to taste.

**Tahini Sauce**

1/3 cup Sesame Butter (Tahini)  
1 garlic clove (minced into paste)  
2 TBSP lemon juice  
1 TBSP olive oil  
¼ teaspoon salt  
2-6 TBSP of water  
Optional: pinch of cumin, cayenne, and parsley

Whisk garlic paste, lemon juice, olive oil, and salt into bowl until combined and thickened. Add water, a tablespoon at a time while whisking until desired consistency. Stir in optional ingredients if desired. Store covered in refrigerator for up to 5 days.

**Chocolate Pudding**

1/3 cup unsweetened cocoa  
¾ cup sugar  
¼ tsp salt  
¼ cup cornstarch  
3 cup coconut milk  
3 TBSP margarine or butter  
1 ½ tsp vanilla

Combine dry ingredients in saucepan and mix well. Slowly add coconut milk while stirring, bring to boil over medium heat. When mixture has no lumps lower heat to a simmer for 8-10 minutes. Remove from heat once pudding has thickened and whisk in butter. Place in bowl and refrigerate for hour or until chilled.
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Avocado Pudding

2 large ripe avocados, peeled, pitted and cubed
¼ cup unsweetened cocoa powder
½ cup brown sugar
1/3 cup coconut milk
2 tsp vanilla extract
½ tsp ground cinnamon

Combine all ingredients into blender or food processor and blend well. Refrigerate for about 30 minutes or until cool.

Chia Seed Pudding

1 cup milk or milk alternative
1 cup Greek yogurt
2 tablespoons maple syrup or honey plus 4 teaspoons for serving
1 teaspoon vanilla extract
Pinch salt
¼ cup chia seeds
1 pint strawberries, chopped
¼ cup sliced almonds

Whisk milk, yogurt, 2 tablespoons maple syrup or honey, vanilla, and salt until blended.

Add chia seeds to the mixture and allow to sit for 30 minutes. After 30 minutes, stir, cover, and allow to sit overnight. Add berries, almonds, and remaining 4 teaspoons of maple syrup or honey before serving.
Energize Your Body: Soup Recipes

**Potato Soup**  
Serves 6

- Heat margarine in a large saucepan.
- Add the onions, carrots, celery and garlic
- Cook until onion is translucent. Add the potatoes and chicken broth.
- Bring to a boil, reduce heat, and simmer for 30-40 minutes or until potatoes are tender.
- Add cheese
- Season with salt and pepper. Use fresh or dried herbs for flavor and phytochemicals.

**Nutrition facts per cup:** 360 calories, 24 g protein, 15 g carbohydrate

*Adapted from “The Cancer Survival Cookbook” Donna Weihofen RD, MS*

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**Cheddar Horseradish**

- 2 medium carrots, diced
- 2 medium leaks, diced
- 1.5 TB butter
- Dash cayenne pepper
- 3 TB flour
- 2 TB dry mustard
- 1 12oz bottle beer
- ¼ cup horseradish
- 3 cups water
- Dash of Worcestershire
- 2 cups half-and-half
- 1 ½ cups shredded cheddar cheese

- Sauté carrots and leaks in 1.5 TB butter. Add cayenne, flour and dry mustard. Cook 2 minutes
- Add beer, horseradish, water and Worcestershire and simmer until thick.
- Wisk in half-and-half, and cheddar cheese.
- Using an immersion blender, blend to desired consistency.
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Creamy Cold Avocado Soup
Serves 6
3 Tbsp butter 3 Tbsp flour
1 ½ tsp lemon juice ½ tsp lemon juice
2 scallions, minced 1 Tbsp olive oil
3 avocados, peeled, pitted
3 cups reduced-sodium, fat-free chicken broth

- Melt butter in medium saucepan over low heat. Whisk in flour until smooth, and cook 2 min, whisking constantly; do not brown.
- Whisk in chicken broth; heat to boiling, whisking frequently. Reduce heat and simmer, uncovered, 5 min. Cool.
- Process avocados, sour cream, and half the chicken broth mixture in blender or food processor until smooth. Pour into medium bowl. Whisk in remaining chicken broth mixture, lemon juice, and white pepper. Refrigerate, covered, until chilled, about 3 hrs.
- Combine remaining ingredients in small bowl. To serve, divide soup among 6 bowls and spoon scallion-pepper mixture into the center of each.

Nutrition facts per serving: 311.2 calories, 8.6 g protein, 23.8 g fat, 17.8 g carbohydrate, 4.5 g fiber, 231.6 mg sodium

Cauliflower Soup
Serves 4
2/3 cup finely chopped onion
3 Tbsp butter
2 Tbsp flour
2 Cans (13 ¼ oz each) reduced-sodium, fat free chicken broth
2 cups whole milk
½ Tbsp Worcestershire sauce
1 med head cauliflower, finely chopped, cooked

- Sauté onion in butter in large saucepan until tender, about 5 min. Stir in flour; cook, stirring, 1 min.
- Add chicken broth and heat to boiling, stirring constantly. Stir in milk, Worcestershire sauce for 2 min.
- Season to taste with salt and pepper; sprinkle with parsley.

Nutrition facts per serving: 254.6 calories, 15.2 g protein, 15 g fat, 17.3 g carbohydrate, 6.3 g fiber, 436.6 mg sodium

Adapted from “I Can’t Chew Cookbook” Randy Wilson
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Broccoli Chowder
Serves 6 (serving size: 1 cup)

1 large onion, chopped
1 large carrot, chopped
2 cloves garlic, minced
2 stalks celery, diced
1/2 tsp dry mustard
3 1/2 cups vegetable broth
1/8 tsp cayenne pepper
1/2 lb broccoli crowns
1 cup grated reduced-fat cheddar cheese
1/2 cup reduced-fat sour cream
1 Tbsp all-purpose flour
1 large potato, peeled and diced
1 Tbsp extra virgin olive oil
1/8 tsp salt

- Heat oil in large saucepan over med-high heat. Add onions, carrots, and celery. Cook until onions and celery soften, 5-6 min.
- Cut broccoli into 1-inch pieces, stems and florets separated. Add broth and broccoli stems. Bring to boil. Cover and reduce heat to medium. Simmer, stirring occasionally for 10 min.
- Stir in florets, simmer, covered until broccoli is tender, about 10 min or more.
- Transfer 2 cups of the chowder to a bowl and mash; return to pan. Stir in cheddar and sour cream; cook over medium heat, stirring until cheese is melted and chowder is heated through. Season with salt.

Nutrition facts per serving: 210 calories, 11 g protein, 11 g fat, 19 g carbohydrate, 3 g fiber

Beefy Vegetable Soup
Makes 16 (1 cup) servings

2 lbs extra-lean stewing beef, cubed
1 lb cross cut beef shank, cubed
6 quarts water
Salt and pepper to taste
1 large onion, chopped
1 cup chopped celery
16 oz package frozen corn
16 oz package frozen cut green beans
16 oz package baby carrots
2 cups shredded cabbage
2 (28 oz) cans no salt added whole tomatoes, with their juice
2 bay leaves
1 (8 oz) package small shell pasta

- In a very large pot, place the stewing beef, beef shank, and 6 quarts of water. Season with salt and pepper. Bring to boil and boil 1 to 1 1/2 hours over medium heat.
- Add the onion, celery, corn, green beans, carrots, cabbage, tomatoes, and bay leaves.
- Continue cooking for 1 hour. Add the pasta and cook until the pasta is done and meat is tender, about 10 – 15 min.
- Season to taste and remove the bay leaves before serving. Add more water or beef broth if soup gets too thick.

Nutrition facts per serving: 237 calories, 24 g protein, 4 g fat, 27 g carbohydrate, 4 g dietary fiber, 75 mg sodium

Adapted from “Eating Well Through Cancer” by Holly Clegg and Gerald Miletello, MD
Energize Your Body: Soup Recipes

Quick Black Bean Soup

2 TB olive oil
1 cup chopped onion
4 large garlic cloves, chopped
1 TB chopped fresh thyme (or 1.5 tsp dried)
3 – 15-ounce cans black beans, drained
(reserve 1 cup liquid)
3-4 cups low salt chicken broth
1 - 28 ounce can diced tomatoes in juice
2 teaspoons ground cumin
1.5 teaspoons hot pepper sauce (optional)

- Heat oil in large saucepan over medium heat.
- Add onion, garlic, thyme.
- Sauté until onion is golden.
- Add beans reserved liquid, broth, tomatoes with juices, cumin and hot pepper sauce.
- Bring to a boil, reduce heat to medium low and simmer until flavors blend and soup thickens. Using an immersion blender, blend to desired consistency.

Creamy Tomato Soup

4 pounds plum tomatoes, halved lengthwise
2 teaspoons kosher salt, divided
1/2 teaspoon freshly ground black pepper
6 tablespoons olive oil, divided
1 medium onion, coarsely chopped
1 cup heavy cream

- Preheat oven to 400°F.
- Place tomatoes, cut side up, on a large rimmed baking sheet. Season with 1 1/2 tsp. salt and 1/2 tsp. pepper, then drizzle with 3 Tbsp. oil. Roast tomatoes until tender and caramelized, about 1 hour.
- Add roasted tomatoes and any accumulated juices, cream, and 1 1/4 cups water to pot.
- Bring to a boil, then reduce heat and simmer until flavors have melded, 20–25 minutes.
- Using an immersion blender, blend to desired consistency. Taste and adjust seasonings if needed.

Slow-Cooker African Peanut Soup

2 cups vegetable or chicken stock
2 14 oz cans light coconut milk
2 cups grated or small diced sweet potato
1 cup grated or small diced carrot
1 cup finely diced white onion
4 garlic cloves, minced
1 cup split red lentils
1 Tbsp harissa spice blend (optional)
1/2 cup peanut butter (no added sugar, where possible)
1 lime, zest and juice to taste
Salt and pepper to taste
1/2 cup chopped fresh cilantro

- In a 6-quart slow cooker, combine stock, coconut milk, sweet potato, carrot, onion, garlic, lentils, spices, and peanut butter.
- Stir well so that the peanut butter is evenly distributed.
- Secure the lid and cook for 3.5 hours on high setting or until vegetables are tender.
- When soup is ready, stir in lime juice and zest, and season to taste with salt and pepper.
- Pour into bowls and garnish each with cilantro.
- Using an immersion blender, blend to desired consistency.
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**Broccoli Cheddar Soup**

6 TB butter, unsalted  
1 onion, chopped  
¼ cup all-purpose flour  
2 cups half and half  
3 cups low sodium chicken or vegetable broth  
2 bay leaves  
¼ tsp grated nutmeg  
Salt and pepper, to taste  
4 cups broccoli florets (About 1 head)  
1 large carrot, chopped  
2.5 cups of grated sharp white and yellow cheddar cheese (plus more for garnish)  
Sour dough bread, if desired

- Melt the butter in a large pot over medium heat.
- Add the onion and cook until tender. Whisk in the flour and cook until golden, about 3 minutes.
- Whisk in the half-and-half until smooth. Add the chicken broth, bay leaves, nutmeg, salt and pepper and bring to a simmer.
- Reduce the heat to medium-low and cook, uncovered, until thickened, about 20 minutes.
- Add the broccoli and carrot to the broth mixture and simmer about 20 minutes. Discard the bay leaves. Puree the soup in batches in a blender until smooth; you’ll still have flecks of carrot and broccoli. Return to the pot. (Or puree the soup in the pot with an immersion blender.)
- Add the cheese to the soup and whisk over medium heat until melted. Add up to 3/4 cup water if the soup is too thick. Serve with sour dough or other crusty bread, if desired, and garnish with

**New England Clam Chowder**

2 TB butter, unsalted  
1 medium onion, dices  
2 celery stalks, trim, quarter, and chop  
3 TB All Purpose Flour  
- cups chicken or vegetable stock  
- (10-ounce) cans chopped clams in juice  
1 cup heavy cream  
- bay leaves  
- pound Idaho potatoes, cut into 1/2- inch cubes  
- Salt and freshly ground black pepper

- Heat the butter in a large pot over medium-high heat. Add the onion and celery and sauté until softened, mixing often.
- Stir in the flour to distribute evenly. Add the stock, juice from 2 cans of chopped clams (reserve clams), cream, bay leaves, and potatoes and stir to combine.
- Bring to a simmer, stirring consistently (the mixture will thicken), then reduce the heat to medium-low and cook 20 minutes stirring often, until the potatoes are nice and tender.
- Then add clams and season to taste with salt and pepper, cook until clams are just firm, another 2 minutes.
- Using an immersion blender, blend to desired consistency.
Energize Your Body: Soup Recipes

**Spicy Pumpkin Soup**

2 Tbsp unsalted butter  
1– 1/2 cups chopped onion  
2 cloves garlic, minced  
2 teaspoons minced, peeled fresh ginger  
1 1/2 teaspoons yellow curry powder  
3/4 teaspoon ground cumin  
1/2 teaspoon ground coriander  
1/2 teaspoon ground cinnamon  
1 teaspoon of salt  
4 cups low sodium chicken or vegetable broth  
2 bay leaves  
2 (15 oz) cans 100 percent pumpkin or 3 1/2 cups of chopped roasted pumpkin purée  
1/2 cup water  
1 TB brown sugar  
1/2 heavy whipping cream  
1/8 teaspoon black pepper  
Plain Yogurt (for garnish, if desired)  
Toasted pumpkin seeds (for garnish, if desired)

- Melt butter in a large pot over medium heat.  
- Add the onions and sauté until soften. Add the minced garlic and ginger, curry powder, cumin, coriander, cinnamon, and salt. Cook for another 2 minutes.  
- Add the broth, the bay leaves, brown sugar, pumpkin purée and the water. Stir to combine.  
- Bring to a boil, then reduce heat to low, cover and simmer for 10 to 15 minutes. Remove bay leaves.  
- Use an immersion blender to purée the soup. Right before serving, stir in the cream. Add black pepper and adjust seasonings to taste.  
- Add more water or broth if you wish to thin it.

**Slow-Cooker Split Pea Soup**

- Cups water  
1 – 16 oz package of dried slip peas, rinsed  
1 tsp salt  
1/2 tsp pepper  
- medium carrots, sliced  
- medium onion, chopped  
- stalks celery, chopped  
1 ham bone, or 2 lbs ham shank or 2 lbs smoked pork hocks  

- Mix all ingredients except ham in 5 qt slow cooker, then add ham.  
- Cover and cook on low heat 8 to 10 hrs or on high heat 6 to 7 hours until peas are tender.  
- Remove ham from cooker; place on cutting board.  
- Pull meat from bones, using 2 forks; discard bones and skin.  
- Stir ham into soup. Stir well before serving.
Energize Your Body: Entree Recipes

Chicken Primavera
Serves 6-8

1 (12 oz) package linguine
1 ½ lbs boneless skinless chicken pieces
¼ cup olive oil
3 cloves garlic, minced
½ lb mushrooms, sliced
1 onion, chopped
1 red bell pepper, cored and chopped
½ tsp dried oregano leaves
½ tsp dried basil leaves
½ tsp dried thyme leaves
Salt and pepper to taste
1 cup frozen peas
¼ cup grated parmesan cheese

- Cook linguine according to directions on package; drain.
- In a large frying pan, cook chicken pieces in olive oil and garlic until lightly browned and done. Watch carefully, tossing to keep from sticking.
- Add mushrooms, onions, red pepper, and seasonings, sautéing until tender. Add peas, tossing until heated.
- When pasta is ready, add to chicken mixture, combining well. Add Parmesan cheese and serve.

Nutrition facts per serving: 360 calories, 29 g protein, 10 g fat, 39 g carbohydrate, 3 g fiber, 139 mg sodium

Ziti with Broccoli and White Beans Topped with Tuna
Serves 4-6

12 oz ziti pasta 2 Tbsp olive oil
4 cups broccoli florets 1 tsp minced garlic
½ cup white wine ½ cup chicken broth
16 oz tuna fillets Salt and pepper to taste
¼ cup grated Parmesan cheese
1 (16 oz) can cannelloni beans, drained and rinsed

- Prepare pasta according to package directions. Drain and set aside.
- In a large nonstick skillet, heat the olive oil over medium heat and stir-fry the broccoli and garlic until the broccoli is tender.
- Add the wine, chicken broth, and beans. Bring to a boil; reduce heat and cook about 5-7 min longer. Add pasta and toss together.
- Meanwhile, season tuna with salt and pepper. Heat a nonstick skillet with cooking spray and sear the tuna on both sides, about 3 min. Do not overcook.
- Slice tuna and serve over pasta.

Nutrition facts per serving: 429 calories, 30 g protein, 8 g fat, 56 g carbohydrate, 6 g dietary fiber, 261 mg sodium

Adapted from “Eating Well Through Cancer” by Holly Clegg and Gerald Miletello, MD
Energize Your Body: Entree Recipes

Lemon Chicken with Feta
Serves 8

- 8 skinless, boneless chicken breasts
- ¼ cup lemon juice, divided
- 1 Tbsp dried oregano leaves, divided
- Salt and pepper to taste
- 4 oz crumbled feta cheese
- 3 Tbsp chopped scallions

- Preheat oven to 350°F. Place chicken in 13x9x2 inch baking dish coated with nonstick cooking spray and drizzle with half of the lemon juice. Sprinkle with half of the oregano and salt and pepper. Sprinkle with the cheese and scallions. Drizzle with remaining lemon juice and oregano.
- Bake, covered, for 45 min to 1 hr, or until done.

Nutrition facts per serving: 214 calories, 30 g protein, 7 g fat, 4 g carbohydrate, 134 mg sodium

Adapted from “Eating Well Through Cancer” by Holly Clegg and Gerald Miletello, MD

Grilled Pork Tenderloin
Serves 6

- 1 tsp olive oil
- ¼ cup balsamic vinegar
- 1 Tbsp honey
- 1 tsp Dijon mustard
- 1 tsp dried rosemary leaves
- 2 (1-lb) pork tenderloins

- In a small bowl, combine olive oil, balsamic, honey, mustard, and rosemary.
- Trim the fat from the tenderloins. Place tenderloins in a dish and pour the marinade over them. Refrigerate for 2 hours or longer.
- Preheat oven to 350 F. Place the tenderloins on a rack in a roasting pan coated with nonstick cooking spray. Bake for 50 min or until meat thermometer registers 160F. Baste frequently with the marinade and discard any remaining after cooking.

Nutrition facts per serving: 200 calories, 32 g protein, 4 g fat, 10 g carbohydrate, 268 mg sodium

Adapted from “Eating Well Through Cancer” by Holly Clegg and Gerald Miletello, MD

Herb Baked Salmon
Serves 6

- 2 lbs salmon fillets
- 1 Tbsp margarine, melted
- Salt and pepper to taste
- 1 Tbsp finely chopped parsley
- ¼ cup Dijon honey mustard
- ¼ tsp dried thyme leaves
- ⅛ tsp minced garlic
- ¼ tsp dried marjoram, optional
- ¼ tsp dried rosemary leaves
- 1 Tbsp lemon juice

- Preheat oven to 350°F.
Energize Your Body: Entree Recipes

Roasted Salmon with Cranberry-Mustard Sauce
Serves 4

3 Tbsp walnut oil or olive oil
2 Tbsp Dijon mustard
4 6oz boneless salmon fillets
1/3 cup raw cranberry relish, room temp
2 Tbsp chopped shallots
2 Tbsp red wine vinegar

- Preheat oven to 450 °F. Spray small baking sheet with nonstick spray.
- Whisk oil and mustard in medium bowl to blend. Place salmon on prepared baking sheet. Brush salmon with 2 Tbsp of mustard-oil mixture. Roast salmon until fish is cooked through, about 13 min.
- Preheat broiler. Whisk cranberry relish, shallots, and vinegar into remaining mustard-oil mixture. Season sauce with salt and pepper.
- Broil salmon until top is browning in spots, about 30 seconds. Transfer to plates. Spoon cranberry-mustard sauce over fillets and serve.

Cranberry Chicken
Serves 8 (8 oz each)

3lb meaty chicken pieces
1 (16 oz) can whole berry cranberry sauce
1 onion, chopped
1 tsp cinnamon
1 tsp ginger
1 cup orange juice
Vegetable oil

- Bread chicken with flour, salt, and pepper.
- Sauté chicken pieces in oil and arrange in baking pan.
- In a saucepan, combine cranberries, onion, seasonings, and orange juice. Heat until cranberry gel liquefies.
- Pour over chicken and bake at 350°F for 45 min. Serve over rice.

Nutrition facts per serving: 260 calories, 32 g protein, 4 g fat, 29 g carbohydrate, 106 mg sodium

Adapted from “Eat Well Stay Nourished” by SPONHC

Nutrition facts per serving: 400 calories, 38 g protein, 21 g fat, 12 g carbohydrate, 170 mg sodium

Adapted from epicurious.com
Energize Your Body: Entree Recipes

Miso Salmon with Lime-Ginger Glaze  
Serves 4
3 Tbsp white miso  
3 Tbsp fresh lime juice  
¾ cup mirin  
1 Tbsp grated fresh ginger  
1 tsp toasted sesame oil  
4 4oz wild salmon fillets

- Whisk together miso, lime juice, mirin, ginger, and sesame oil in a mixing bowl.
- Put salmon in a baking dish, pour ½ the marinade over the salmon, and turn to coat well.
- Reserve the remaining marinade.
- Marinate salmon in refrigerator at least 1 hour.
- Preheat oven to 400°F. Place salmon in a baking dish with its marinade and ¼ cup water. Bake for 8-10min.
- In saucepan, heat the reserved marinade over med heat until it bubbles. When salmon is cooked, pour the marinade over the fillets and serve.

Nutrition facts per serving: 230 calories, 29 g protein, 10 g fat, 7 g carbohydrate, 240 mg sodium

Adapted from Cooking Light, May 2001 (Dana Farber App)

Linguine Florentine  
Serves 6
2 Tbsp olive oil  
1 tsp minced garlic  
1 large bunch fresh spinach (5-6 cups), stemmed and washed  
1 (12 oz) can evaporated skimmed milk  
Salt and pepper to taste  
1 16 oz package linguine  
1/3 cup grated parmesan

- Heat oil in a large skillet, and add the garlic and spinach. Cover and cook, stirring occasionally, until the spinach is wilted, about 3 min.
- Add the milk and season to taste.
- Meanwhile, prepare the pasta according to package directions; drain.
- Toss with spinach in the skillet and sprinkle with the cheese.

Nutrition facts per serving: 402 calories, 18 g protein, 65 g carbohydrate, 8 g fat, 3 g dietary fiber, 202 mg sodium

BBQ Roasted Salmon  
Serves 4
¼ cup pineapple juice  
2 Tbsp fresh lemon juice  
4, 6oz salmon fillets  
2 Tbsp brown sugar  
4 tsp chili powder  
2 tsp grated lemon rind  
¼ tsp ground cumin  
½ tsp salt  
¼ tsp ground cinnamon

- Combine pineapple juice, lemon juice and salmon in plastic bag, marinate for 1 hr.
Energize Your Body: Entree Recipes

Red Lentil Soup with Lemon
Serves 6

2 cups split red lentils, rinsed well
1 Tbsp turmeric
4 Tbsp unsalted butter
2 tsp salt
1 large onion (~2 cups), diced
2 tsp ground cumin
1 1/2 tsp yellow mustard seeds
1 cup chopped cilantro
Juice of 3 lemons, or to taste
1 large bunch of spinach leaves, chopped
To serve: cooked (warm) brown rice, non-fat plain yogurt

- Put lentils in a pot with 7 cups water, and turmeric, 1 Tbsp of the butter, and 2 tsp salt. Bring to a boil, then lower the heat and simmer, covered, until the lentils are soft and falling apart- about 20 min.
- Puree with a hand or standing blender. Add more water until the soup is the consistency you like, then taste and add more salt if needed. Keep the soup warm/hot.
- While the lentils are cooking, prepare the onion. In a skillet over low heat, cook the onion in 2 Tbsp of the remaining butter along with the cumin and mustard seeds, stirring occasionally. When the onions have softened, about 10-15 min, add cilantro and cook for a few seconds before removing from heat.
- Add the onion mixture to the soup, and then add the juice of the lemons, one lemon at a time- until soup has a nice tang. Add more salt to taste at this point if needed.
- Just before serving, add the last of the butter to the skillet. When hot, add the spinach and a pinch of salt. Stir well, and cook just long enough for the spinach to collapse.

- Serve by placing a scoop of rice in each bowl, then soup, spinach, and a dollop of yogurt.

Nutrition facts per serving: 320 calories, 18 g protein, 9 g fat, 42 g carbohydrate, 800 mg sodium, 11 g fiber

Adapted from Deborah Madison’s “Vegetarian Cooking for Everyone”

Smashed Potato-and-Broccoli Casserole
Serves 6

2 pounds baking potatoes, halved
1 cup chopped broccoli
1/2 cup diced onion
1/2 cup ricotta cheese
1 1/2 teaspoons chopped fresh dill weed
1/2 teaspoon salt
ground red pepper
1 (8 ounce) container sour cream
Butter (to grease pan)
3/4 cup shredded sharp Cheddar cheese

- Preheat oven to 375 degrees.
- Place potatoes in a saucepan; cover with water. Bring to a boil. Reduce heat; simmer 20 minutes or until tender. Drain potatoes in a colander over a bowl, reserving 1 cup cooking liquid. Return potatoes and liquid to pan; mash with a potato masher until slightly chunky.
- Add chopped broccoli and next 6 ingredients (broccoli through sour cream) to pan, and stir well. Spoon potato mixture into an 11 x 7-inch baking dish greased with butter; bake at 375 degrees for 35 minutes. Sprinkle with cheddar cheese; bake an additional 5 minutes or until cheese melts.
Energize Your Body: Entree Recipes

**Tandoori Tofu**

Serves 6

- 2 tsp paprika
- 1 tsp salt, divided
- ½ tsp ground cumin
- ½ tsp ground coriander
- 1 Tbsp lime juice
- ¼ tsp ground turmeric
- 3 Tbsp extra-virgin olive oil
- 2 14oz packages extra-firm or firm water-packed tofu, drained
- 2/3 cup nonfat plain yogurt
- 6 Tbsp sliced scallions or chopped fresh cilantro for garnish

- Preheat grill to medium-high
- Combine paprika, ½ tsp salt, cumin, coriander and turmeric in a small bowl. Heat oil in a small skillet over med-high heat. Add garlic, lime juice and spice mixture; cook, stirring, until sizzling and fragrant, about 1 min. Remove from heat.
- Slice each tofu block crosswise into 6 slices; pat dry. Use about 3 Tbsp of the spiced oil to brush both sides of the tofu slices; sprinkle with remaining ½ tsp salt (reserve the remaining spiced oil).
- Oil the grill rack. Grill the tofu until it is heated through, 2-3 min per side.
- Combine yogurt with the reserved spiced oil in a small bowl. Serve the grilled tofu with the yogurt sauce, garnished with scallions.

**Nutrition facts per serving:** 173 calories, 12g protein, 13g fat

*Adapted from [http://www.eatingwell.com/recipes/tandoori_tofu.html](http://www.eatingwell.com/recipes/tandoori_tofu.html)*

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**Shrimp Scampi with White Beans**

Serves 4

- 2 Tbsp olive oil
- 1 lb asparagus, cut into 1 inch pieces
- 1 Tbsp minced garlic
- 1 lb medium shrimp, peeled
- 1 ½ cups coarsely chopped Roma tomatoes
- 1 (16 oz) can Great Northern beans, or navy beans, rinsed and drained
- 1 cup low sodium chicken broth
- 2 tsp cornstarch
- ½ tsp dried basil leaves
- Salt and pepper to taste
- ½ lb spinach fettuccine, cooked according to package directions
- 2 Tbsp grated Parmesan cheese

- In a large nonstick skillet, heat the oil over medium heat and cook the asparagus and garlic for 1-2 min, stirring.
- Add shrimp and cook until pink, about 3 min.
- Add the tomatoes and beans, cooking for another 3 min or until tomatoes are softened.
- In a small bowl, mix together the chicken broth and cornstarch, stir into skillet. Cook over medium heat until thickened, stirring frequently.
- Add basil and season to taste. Serve over fettuccine and sprinkle with cheese.

**Nutrition facts per serving:** 486 calories, 34g protein, 10g fat, 65g carbohydrate, 12g dietary fiber, 676mg sodium

*Adapted from “EatingWell Through Cancer” by Holly Clegg and Gerald Milello, MD*
Energize Your Body: Entree Recipes

Beet This Burger
Serves 6

1 tbsp finely ground beet
½ cup cooked oats
1 cup uncooked oats
½ cup coarsely ground walnuts
½ cup coarsely ground almonds
2 tbsp sesame seeds
1 tbsp nutritional yeast flakes
¼ cup minced green pepper
¼ cup minced onion
1 tsp dried basil
¼ tsp dried thyme
¼ tsp ground sage
¼ tsp mustard powder
2 tbsp soy sauce
1 tbsp instant instant dry vegetable broth

- Heat the oil in a large sauce pan over medium heat and cook onions, celery and carrots for 5 minutes.
- Add sweet potato, butternut squash, red pepper, garlic, stock and thyme. Reduce heat and simmer for 20 min or until vegetables are tender.
- Boil kale in lightly salted water for 5 min. Drain and set aside.
- Puree soup in a blender until smooth.
- Return to saucepan. Stir in soymilk, and cooked kale. Slowly heat soup, being careful not to boil.

Chicken Soup with Bowtie Pasta
Serves 6

2 Tbsp extra virgin olive oil
1 cup diced yellow onion
¼ tsp sea salt
1 cup peeled and diced carrot
1 cup peeled and diced celery
¼ tsp dried thyme
¼ tsp dried sage
8 cups chicken stock
½ cup shredded roasted organic chicken
- cup cooked bowtie pasta

- In sauté pan, heat oil over medium heat. Add onions, sauté until golden. Add carrots and celery, sauté for 3 min. Add thyme and sage.
- Deglaze the pan with ½ cup of the stock. Add remaining stock and chicken and cook until vegetables are tender, 10 min.
- While vegetables are simmering, bring a large pot of water to boil. Add ¼ tsp salt to the boiling water, add the pasta, and cook until al dente. Drain pasta and add it to the soup and heat through.

Nutrition facts per serving: 229 calories, 9 g protein, 12 g fat

Winter Vegetable Chowder
Serves 6

1 tsp canola oil
½ cup onion, chopped
1 medium carrot, chopped
1 sweet potato, peeled and chopped
1 cup peeled, chopped butternut squash
½ cup red bell pepper chopped
1 tsp minced garlic
3 cups vegetable stock or water
¼ tsp minced fresh thyme
2 cups kale, finely chopped
Lentil-Mushroom Burgers

- 1 cup dried green lentils (2 1/4 cups cooked)
- 2 1/4 cups water
- 1 teaspoon dried parsley
- 1/4 teaspoon black pepper
- 3 garlic cloves, minced
- 1 1/4 cups finely chopped onion
- 3/4 cup finely chopped walnuts
- 2 cups fine bread crumbs (see Note)
- 1/2 cup ground flax seed (flax seed meal) 3
- cups finely chopped mushrooms
- 1 1/2 cups de-stemmed, finely chopped kale, spinach, or winter greens
- 2 tablespoons coconut oil or olive oil
- 3 tablespoons balsamic vinegar
- 2 tablespoons Dijon mustard
- 2 tablespoons nutritional yeast
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon paprika

- In a small pot, bring the lentils, water, parsley, 1 garlic clove, and 1/4 cup of the onion to a boil. Reduce heat and simmer, partially covered, for 35 to 40 minutes, until the water is absorbed and the lentils are soft.

- While the lentils are cooking, combine the walnuts, bread crumbs, and flax seed in a bowl. Add the nutritional yeast, salt, pepper, and paprika and mix well.

- Sauté the remaining onion, remaining garlic, mushrooms, and greens in the oil for 8 to 10 minutes, then set aside. Remove the lentils from the heat, add the vinegar and mustard, and mash with a potato masher or wooden spoon to a thick paste.

- In a large mixing bowl, combine the lentils, sautéed veggies, and bread crumb mixtures, and mix well. Cool in the refrigerator for 15 to 30 minutes or more.

- Using your hands, form burger patties to your desired size and place on waxed paper. Lightly fry in a seasoned skillet, broil, or grill until lightly browned and crisp, 3 to 5 minutes on each side. Extra uncooked patties can be frozen on wax paper in plastic bags or wrapped.

Adapted from http://scottjurek.com/eatandrun/recipes/
Energize Your Body: Side Recipes

**Broccoli Sautéed with Garlic**

Serves 4

1/2 tsp sea salt
1 Tbsp chopped garlic Pinch of red pepper flakes
1 Tbsp extra virgin olive oil
1 large bunch broccoli, cut into florets

- Bring large pot of water to boil. Add sea salt. Blanch broccoli for 30 seconds. Transfer to cold water bath to preserve color.

- In sauté pan, heat olive oil over med-high heat. Add the garlic and red pepper flakes and sauté for 30 seconds. Add the broccoli and a pinch of salt and sauté for 2 min. Serve hot or at room temp.

**Nutrition facts per serving:** 70 calories, 2 g protein, 4 g fat, 6 g carbohydrates, 2 g fiber, 323 mg sodium

*Adapted from “One Bite at a Time” Rebecca Katz and Mat Edelson*

**Swiss Chard Braised with Sweet Tomatoes and Corn**

Serves 4

1 bunch Swiss chard or dino kale, chopped into small pieces
2 Tbsp extra virgin olive oil
1 tsp minced garlic
1/8 tsp red pepper flakes
Pinches of salt
1 cup cooked corn kernels
24 sungold or cherry tomatoes, halved

- Cover the Swiss chard with cold water and set aside until ready to use.

- Heat olive oil in a large sauté pan over medium-high heat.

- Add garlic, red pepper flakes, and a pinch of salt. Sauté for 30 seconds.

- Add the greens, a pinch of salt, and sauté until wilted. The water that adheres to greens will help wilt and cook greens.

- Add the corn and tomatoes and cook for another 2-3 min, or until tender.

**Nutrition facts per serving:** 298 calories, 14 g protein, 10 g fat, 48 g carbohydrates, 10 g fiber, 425 mg sodium

*Adapted from “One Bite at a Time” Rebecca Katz and Mat Edelson*

**Easy Broccoli Potato Bake**

Serves 8-10

2 (10 oz) packages frozen broccoli, thawed
1 (32 oz) bag frozen hash brown potatoes
2 cups shredded reduced-fat sharp Cheddar cheese
1 (16 oz) container low-fat cottage cheese
2 cups nonfat plain yogurt
Salt and pepper to taste
paprika

- Preheat oven to 350F. In a 3 quart casserole dish coated with nonstick cooking spray, combine all ingredients except paprika.

- Bake 1 hour 15 min or until casserole is bubbly.

**Nutrition facts per serving:** 214 calories, 18 g protein, 5 g fat, 25 g carbohydrates, 3 g fiber, 361 mg sodium

*Adapted from “EatingWell Through Cancer” by Holly Clegg and Gerald Miletello, MD*
Energize Your Body: Side Recipes

Cauliflower Supreme
Serves 4

1 head cauliflower, cut into flowerets
1/3 cup water
1/2 cup nonfat plain yogurt
1/2 cup shredded reduced fat sharp Cheddar cheese
1/2 tsp dry mustard
Dash of cayenne pepper
Salt and pepper to taste

- Preheat oven to 400°F.
- Cook cauliflower in 1/3 cup water, covered, in microwave for 8 min or until crisp tender.
- Drain and transfer to a baking dish coated with nonstick cooking spray.
- Combine yogurt with remaining ingredients and spread over cauliflower.
- Bake, uncovered, for 8-10 min or until lightly browned.

Nutrition facts per serving: 96 calories, 9 g protein, 3 g fat, 10 g carbohydrate, 158 g sodium

Adapted from “EatingWell Through Cancer” by Holly Clegg and Gerald Miletello, MD

Coconut-Ginger Rice with Cilantro
Serves 6

1 (5.5oz) can coconut milk
1 tsp sea salt
1/4 cup coarsely chopped fresh cilantro
1 inch unpeeled fresh ginger, thinly sliced into rounds
1 cup brown jasmine or basmati rice, rinsed until water runs clear

- In a pot with tight fitting lid, combine coconut milk, 1 1/4 cups water, and salt.
- Smash ginger pieces to release flavor and add to pot.
- Bring to a rolling boil over med heat. Add the rice and stir well. Return the water to a boil, cover, and decrease heat to low. Simmer for 20 min until water is fully absorbed.
- Remove pot from heat and let stand, 10 min. Uncover and remove and discard the ginger. Add cilantro and gently toss with fork.

Nutrition facts per serving: 165 calories, 3 g protein, 6 g fat, 24 g carbohydrates, 1 g fiber, 396 mg sodium

Adapted from “One Bite at a Time” Rebecca Katz and Mat Edelson
Energize Your Body: Smoothie Recipes

**Banana Oatie**
1/3 to 1/2 cup cooked oatmeal, chilled
1 banana (frozen if thicker smoothie is desired)
1 cup liquid base (milk, soy milk, Ensure, etc.)
1 tablespoon wheat germ
1 tablespoon honey
1 teaspoon vanilla extract
(425 calories, 16g protein, 4g fat)

**Raspberry Smoothie Delight**
1/2 cup cooked, cooled white or brown rice
1 ripe banana
1 cup frozen raspberries
1 tablespoon ground flax seeds
1/2 cup plain low fat organic yogurt or soy yogurt
1/2 cup liquid base (milk, soy milk, Ensure, etc.)
(669 calories, 18g protein, 8g fat)

**Bursting Blueberries**
1/2 package tofu
1 banana
1/2 cup fresh or frozen blueberries
1 tablespoon canola, almond, or avocado oil
1 cup liquid base (milk, soy milk, Ensure, etc.)
(470 calories, 23g protein, 22g fat)

**Pineapple Power Shake**
1 cup orange juice
1/2 cup pineapple juice
1/2 cup lowfat organic cottage cheese
1/2 cup liquid base (milk, soy milk, Ensure, etc.)
(306 calories, 20g protein, 2g fat)

**Cinna-Peach Smoothie**
1 cup diced peaches (fresh or frozen)
1/2 cup lowfat plain organic yogurt
1/2 cup liquid base (milk, soy milk, Ensure, etc.)
1 tablespoon honey, pinch of cinnamon
(260 calories, 12g protein, 2g fat)

**Berry Blast Shake**
1/2 cup uncooked oats
1 banana
8 strawberries (fresh or frozen)
1 tablespoon ground flax seeds
1 cup frozen mixed berries (any type)
1 cup liquid base (milk, soy milk, Ensure, etc.)
(649 calories, 21g protein, 13g fat)

**Super Smoothie**
1 cup liquid base (milk, soy milk, Ensure, etc.)
1/2 cup lowfat plain organic yogurt or soy yogurt
2 tablespoons protein powder (any type)
1 tablespoon almond butter
1 tablespoon ground flax seeds
1 tablespoon canola, almond, or avocado oil
1 banana
(684 calories, 33g protein, 29g fat)

"Pina Colada" Power Smoothie
1 cup coconut/pineapple nectar
1 cup milk, soy milk or ensure
1 banana
1/4 cup frozen strawberries
1 tablespoon ground flax seeds
1 tablespoon protein powder (any type)
(419 calories, 19g protein, 6g fat)

**Tasty Tropical Delight**
2 ripe bananas
1/2 cup diced peaches (fresh or frozen)
1 cup mango, guava, or papaya nectar
1/2 cup liquid base (milk, soy milk, Ensure, etc.)
4 ice cubes
(485 calories, 9g protein, 3g fat)

*Adapted from the cancer nutrition website.*
Energize Your Body: Smoothie Recipes

Nutty Banana Chocolate Shake
2 Tbsp creamy peanut butter
½ banana
3 Tbsp chocolate syrup
½ cup whole milk
½ cup vanilla ice cream
2 Tbsp dry milk powder
¼ cup cottage cheese
(calories, g protein, g fat)
Adapted from http://library.osfhealthcare.org/PatientEd/Foodnutritionpdf/High%20Calorie%20recipes.pdf

Creamy Banana-Coconut Shake
Serves 5 (makes 20oz)
1 (5.5 oz) can coconut milk
1 medium ripe banana
½ cup frozen strawberries
1 scoop whey protein powder
1 Tbsp ground flax seed
Pinch of sea salt
Spritz of fresh lemon juice
6 ice cubes
5 Tbsp water
(Per serving: 148 calories, 8 g protein, 9 g fat)
Adapted from “One Bite at a Time” Rebecca Katz and Mat Edelson

Sweet Potato Shake
Serves 2
½ cup mashed cooked sweet potato (yams)
1 (12 oz) can apricot nectar, chilled
2 Tbsp honey
½ tsp vanilla extract
Using a food processor, blend all ingredients until smooth. Refrigerate.
(Per serving: 255 calories, 2 g protein, 0 g fat)
Adapted from “EatingWell Through Cancer” by Holly Clegg and Gerald Milello, MD

Tropical Escape
½ cup coconut milk
¼ cup premium ice cream
½ banana
½ cup pineapple
1 Tbsp coconut oil
1 scoop protein powder
(Per serving: 670 calories, 29 g protein)

Tropical Fruit Smoothie
1 ripe banana, peeled
½ cup peaches (fresh, frozen or canned)
½ cup pineapple (fresh, frozen or canned)
1 cup mango or guava nectar
½ cup milk

Nutter Butter Shake
½ c. milk of choice
¼ block silken tofu
1 banana
2 Tbsp peanut butter
¼ c. uncooked oats
(Per serving: 500 calories, 23 grams protein)

Mango-cado Smoothie
½ Avocado
2 Tbsp lemon juice
½ tsp ginger
1 c. mango
1 tsp honey or maple syrup
1 c. ice
1 Tbsp chia seeds
2 Tbsp protein powder
(Per serving: 350 calories, 13 grams protein)

Peanut Butter Cup Smoothie
2 whole bananas (frozen)
1 Tbsp peanut butter
1 Tbsp unsweetened Cocoa
½ c. your choice of milk OR chocolate Ensure/Boost Plus
Energize Your Body: Smoothie Recipes

**Berry Green Smoothie**
1 c. almond milk, milk of choice, or vanilla Ensure or Boost
1 ripe banana
2 c. organic spinach
1 tbsp chia seeds
1 tbsp nut butter
½ c. frozen berries
¼ avocado
(Per serving: 325-750 Calories, 10-23 g protein)

**Peach Ginger Turmeric Smoothie**
1 c. coconut water, choice of milk, or vanilla Ensure/Boost Plus
1 – 2 peaches (fresh or frozen)
1/2 banana (fresh or frozen)
1/2 in piece of fresh turmeric*
1/2 in piece of fresh ginger
1 handful of ice
(Per serving: 220-480 calories, 4-17 g protein)

**Chocolate Hazelnut Smoothie**
1 c. whole milk
2 scoops chocolate ice cream
1 Tbsp chocolate whey powder
2 Tbsp Nutella (chocolate hazelnut spread)
1 Tbsp canola oil
1 handful ice
(Per serving: 560 calories, 11 g protein)

**Cherry Almond Shake**
1 c. whole milk
1/3 c. tart cherry juice
½ c. vanilla ice cream
2 Tbsp almond butter
1 Tbsp vanilla protein powder
½ tsp almond extract
1 handful ice
(Per serving: 625 Calories, 35 g protein)

**Cappuccino Shake**
1 package chocolate Carnation Instant Breakfast Mix
1 Tbsp instant coffee
1 c. whole milk
2 scoops coffee ice cream
1 scoop chocolate whey powder
1 Tbsp canola oil
1 handful ice
(Per serving: 640 Calories, 36 g protein)

**Pumpkin Pie Smoothie**
1 banana
1/2 c. canned pumpkin puree
½ c. vanilla Greek yogurt
1 tsp pumpkin pie spice
1/2 c. whole milk
A dash of ginger
1 Tbsp maple syrup
(Per serving: 315 calories, 20 g protein)

**Apple Pie Smoothie**
½ cup applesauce
½ cup milk
½ tsp vanilla extract
2 TB nut butter (Your choice: peanut, almond, cashew, etc.)
½ tsp cinnamon
¼ tsp Allspice
1/8 tsp Ginger
1/8 tsp Nutmeg
½ TB Maple syrup
Energize Your Body: Smoothie Recipes

Chocolate, Peanut Butter, and Banana Smoothie
½ cup milk
½ cup vanilla yogurt
1 teaspoon ground flaxseed, chia seeds, or wheat germ
1 teaspoon unsweetened cocoa
2 tablespoons creamy peanut butter
¼ teaspoon vanilla extract
1 banana, peeled
Whipped cream (optional)
Cocoa Powder (optional)

Piña Colada Smoothie
½ cup pineapple chunks (fresh, frozen or canned)
½ cup coconut milk
½ banana, peeled
1 Tablespoon honey
½ lime, juiced (~1 TB of Lime Juice)
½ cup ice
Whipped cream (optional)
Shredded coconut (optional)

Peach Cobbler Smoothie
½ Cup cottage cheese
2 TB powdered milk or 1 packet vanilla Carnation Instant Breakfast
1 cup sliced peaches (fresh, frozen or canned)
½ tsp cinnamon
½ tsp vanilla extract
½ cup milk
½ cup peach or orange juice
¼ cup dry plain oatmeal
1-2 Tablespoon honey or maple syrup
½ cup ice or water (ice will make it thicker)

Strawberry – Avocado Smoothie
¼ c. milk
¼ c. plain or vanilla yogurt
1 peeled banana
1.5 c. frozen or fresh strawberries
¼ peeled avocado
¼ tsp vanilla extract

Blueberry – Avocado Smoothie
1 cup fresh or frozen blueberries
½ ripe avocado, peeled, pitted and diced
½ cup milk
½ cup blueberry, grape or apple juice
6 oz (individual container) fruit flavored or vanilla yogurt
1 TB ground flaxseed or plain, chia seeds or dried oatmeal

Chocolate – Banana Smoothie
1 cup whole milk
1-2 large frozen banana
2 TBSP cocoa powder
1 TBSP peanut butter
3 TBSP maple syrup
1 cup vanilla yogurt
½ cup silken tofu (optional)
7 ice cube tray ice cubes (about 1 cup)
Energize Your Body: Juice Recipes

All-Natural Sports Drink: Lemon Flavor
1/4 cup honey
1/2 cup fresh lemon juice
1/4 tsp sea salt
2 quarts water
Mix well. Makes about 2 quarts.

Adapted from http://kellythekitchendope.com/2011/05/all-natural-sports-drink-no-more-gatorade.html

All-Natural Sports Drink: Cranberry/Pomegranate
2 cups 100% juice cranberry-pomegranate juice
1/4 tsp sea salt
1 Tbsp sugar
2 quarts water
Mix well. Makes 2 1/2 quarts

Adapted from http://kellythekitchendope.com/2011/05/all-natural-sports-drink-no-more-gatorade.html

Easy Almond Nut Milk
1/8 cup almonds
1 1/2 cups boiling water

Blend almonds and boiling water together for about 3 minutes at a high speed. Strain through muslin or cheesecloth. The remaining pulp can be used in vegetable loaves or burgers. Shake milk well before serving.

Carrot/Strawberry Juice
4-6 carrots
6 strawberries
1/2 cup protein powder

Wash fruit, cut greens & ends off. Alternate

Fresh Collard Apple Juice
Makes 1 cup
2 sweet apples, cored and quartered
1 1/4 cups packed collard greens (leaves and stems), rinsed

Add a few slices of apple to the juicer then some of the collard greens. Extract juice. Repeat this process until ingredients are used up. (Finish off with the apple slices to make juice flow smoothly through the juicer.) Discard solids.

Sweet Ginger Lemonade
Serves 4
4 cups filtered water
4 Tbsp. fresh squeezed lemon juice
2 Tbsp. fresh squeezed ginger juice
2 Tbsp. raw honey

To make ginger juice, grate 2 inches of fresh gingerroot using the smallest holes on a cheese grater. Gather the pulp in your hand and squeeze out the juice. Combine all ingredients in a saucepan and bring to a simmer, stirring to dissolve honey. Adjust honey to preferred sweetness and serve hot or chilled.
Energize Your Body: Juice Recipes

Fresh Ginger Tea (for nausea)
Makes 8 cups
1 6- to 8-inch piece unpeeled fresh ginger
2 1/2 cups water
3 tablespoons sugar
Juice of 2 to 3 lemons

- Cut ginger into large chunks and smash each with the heel of a knife or with a meat pounder, to break up the fibers.
- Combine the water and sugar in a small saucepan. Add smashed ginger pieces, turn heat to medium-high, bring to boil, reduce heat, and simmer 8-10 minutes. Strain out ginger pieces. (You should have about 2 cups of strong syrup, which can be refrigerated in an airtight container for weeks.)
- For each cup of tea, combine 3/4 cup boiling water with 1/4 ginger syrup and a healthy squeeze of lemon juice.

Adapted from Boston Globe 9/06