



## FOOD TO EAT DURING CHEMOTHERAPY DAYS

# MENU

Morning of Chemotherapy Day  
eggs, oatmeal, cereal, fruit, juice,  
tea, coffee, sports drink

Evening of Chemotherapy Day

- soup, cheese toast, pudding, raisins,  
noodles with cheese, peanut butter and jelly  
sandwich, sports drink
- 6-8 cups of fluid per day
- nutritional supplement shake

Lunch (the day after chemotherapy)  
tuna salad, water

Dinner (the day after chemotherapy)  
pasta, macaroni and cheese,  
chicken, yam biscuits, water



# RECIPES

## CINNAMON ROLLS

### Ingredients

#### Makes ten rolls

1 (10-biscuit) can refrigerated biscuit or  
whole wheat biscuits

2 tablespoon sugar

4 tablespoons margarine, softened

1 teaspoon ground cinnamon

1/4 cup raisin (optional)

1/4 cup chopped pecans (optional)

### Directions

Preheat oven to 425 degrees. Flatten each biscuit using a rolling pin or with your hand. Spread margarine into each biscuit. Combine sugar and cinnamon in a small bowl. Sprinkle cinnamon mixture on top of margarine; sprinkle with raisin and pecans (optional). Roll up each biscuit from one side to the other. On an ungreased 15x10x1-inch baking sheet, arrange each biscuit roll to form a circle touching one end of the roll to the other. Bake for 8-10 minutes.





# BLUEBERRY PANCAKES

These pancakes are so good you won't need much  
syrup or margarines!

## Ingredients

Makes 8-10 pancakes

1 cup of buttermilk

4 large egg whites

2 tablespoons sugar

1 1/2 tablespoon canola oil

1 cup all purpose flour

1 teaspoon baking powder

1 1/2 teaspoon baking soda

1 cup blueberries, fresh or frozen (thawed)

## Directions

In a large mixing bowl, beat together the buttermilk, egg whites, sugar, and oil. In another mixing bowl, combine together the flour, baking powder, and baking soda. Add the flour mixture to the buttermilk mixture, blending well. Stir the blueberries in gently. Coat a nonstick skillet with nonstick cooking spray and heat over medium heat. Pour the batter in 1/4 cup portion into the skillet and cook until brown on both sides and firm to touch about 3 minutes per side.



# BERRY FRENCH TOAST

Use whatever fresh berries you can find or pull them out of the freezer and enjoy this incredible version of French toast. Try using whole grain bread.

## Ingredients

Makes 8 servings

5 cups mixed  
berries (strawberries and blueberries etc.)

1/4 cup sugar plus

1 tablespoon sugar, divided

1 tablespoon ground cinnamons

1 large egg

4 large egg whites, beaten

1 cup skim milk

1 tablespoon  
vanilla extract

1 (16 ounce) loaf

French bread, sliced in 1-inch slices

## Directions

Pre heat oven to 350 degrees. In an oblong 2 quarts casserole, put berries, 1/4 cup sugar, and cinnamon. In a large bowl combine egg, egg white, milk, and vanilla. Add bread and soak for 5 minutes turning half way through. Sprinkle with the remaining sugar. Bake for 25 to 30-min or until the bread is golden. Serve with berries.





# BAKED FRENCH TOAST

The orange juice and maple syrup make this a light, not-too-sweet dish.

## Ingredients

### Makes 8 servings

3 tablespoons margarine, melted

1/3 cup maple syrup

1 teaspoon ground cinnamon

4 large egg white

1 large egg

1 cup orange juice

8 slices of white or whole grain bread

## Directions

Pre heat the oven to 375 degrees. Combine the margarine and the syrup together in 13x9x2-inch baking pan and sprinkle with cinnamon. In a mixing bowl, beat together the eggs and orange juice. Dip the bread into the egg mixture and arrange in single layer in the parking pan. Bake for 20 to 25min, or until it becomes light brown.



# APPLE LASAGNA

Apples and pasta pair up for this unusual combo. Wonderful breakfast, as a light dinner, or even as a side.

## Ingredients

Makes 10-12 servings

- 8 lasagna noodles
- 2 (21- ounce) can  
apple pie filling
- 1 (15-ounce)  
container part skim ricotta cheese
- 2 large egg whites
- 1 teaspoon almond extract
- 1/4 cup sugar
- 1/3 cup all purpose flour
- 1 teaspoon ground cinnamon
- 3 tablespoon margarine
- 1/3 cup light brown sugar
- 1/3 cup old fashioned oatmeal
- 1/2 teaspoon vanilla extract

## Directions

Pre heat oven to 350 degrees. Prepare lasagna noodles according to package directions; drain. Spread one can apple pie filling in a 13x9x2-inch pan coated with nonstick cooking-spray, slicing any extra-thick apples. Cover apples with four lasagna noodles. In a bowl, mix together ricotta cheese, egg whites, almond extract, and sugar. Spread evenly over lasagna noodles. Spoon remaining can of apples pie filling over lasagna. In a small bowl, crumble together flour, cinnamon, margarine, brown sugar, oatmeal, and vanilla. Sprinkle over apple filling. Bake for 45 minutes. Let stand for 15 minutes.





# BREAD PUDDING FLORENTINE

Adjust the mushrooms and onions to your taste buds. Here's a great make-ahead dish. Pop in a cold oven if using a glass dish when baking. Breakfast type food are enjoyed all times of day.

## Ingredients

Makes 10 to 12 servings

- 5 large eggs
- 4 large egg whites
- 3 cups skim milk
- 1/4 cup Dijon mustard
- Salt and pepper to taste
- 1 (16-ounce) loaf day-old French bread, cut into 16 slices, divided
- 1/2 pound mushrooms, slice
- 1 teaspoon minced garlic
- 1 onion, chopped
- 2 (10- ounce) boxes frozen chopped spinach, thawed and squeezed dry
- 1 tablespoon all-purpose flour
- salt and pepper to taste
- 1 1/2 cups shredded reduced-fat Swiss cheese, divided

## Directions

In a mixing bowl beat the eggs and egg whites with milk, mustard, salt, and pepper; set aside. Place half the bread slices in a 13x9x2- inch baking dish coated with nonstick cooking spray. In a skillet coated with nonstick cooking spray, sauté the mushrooms, garlic, and onion until tender. Add the spinach and flour, stirring and mix well. Season with salt and pepper. Spread the mixture over the bread. Sprinkle with the 1 cup cheese. Top with remaining bread. Sprinkle with the remaining 1/2 cup cheese. Pour the egg mixture over the casserole and refrigerate 2hrs or overnight. Bake at 350 degrees for 40 to 50 mins or until puffed and golden.



# EGG SOUFFLÉ

Leave out the pepper and onions for a plain version of cheesy egg dish.

## Ingredients

Makes 10 to 12 servings

- 7 slice whole wheat bread, crust removed
- 1 red bell pepper, cored and chopped
- 1 bunch green onions (scallions), chopped
- 6 ounces reduced fat sharp cheddar cheese, shredded
- 6 ounces reduced fat Monterey Jack Cheese, shredded
- 5 large eggs
- 4 large egg whites
- 3 cups skim milk
- 2 tablespoon margarine, melted
- 1 teaspoon dry mustard
- 1 teaspoon Worcestershire sauce, optional
- Salt and pepper to taste

## Directions

Preheat oven to 350 degrees. Line bottom of a 3-quart or 13x9x2-inch baking dish with slices of bread. Cover with chopped red pepper and green onions. Sprinkle with shredded cheese. In a bowl, mix remaining ingredients and pour mixture over cheese. Refrigerate for 6 hours or overnight. Bake for 45 mins to 1 hrs.





# EGG NOODLE CASSEROLE

The simple combination of noodles, eggs, and a white sauce translate into a great breakfast dish that can be made ahead.

## Ingredients

Makes 6 servings

1 (8-ounce) package wide noodles

1/4 cup all purpose flour

2 cups skim milk

1 teaspoon

Worcestershire sauce

Salt and pepper to taste

1/2 teaspoon garlic powder

6 hard boiled large eggs, whites only, chopped

2/3 cup shredded reduced fat cheddar cheese

## Directions

Preheat oven to 350 degrees. Cook the noodles according to the package directions, omitting any salt and oil. Drain; set aside. In a small saucepan, mix together the flour and milk. Cook over a medium heat, stirring, until thickened. Add the Worcestershire sauce, salt and pepper, whites in the bottom of a 2-quart casserole dish coated with nonstick cooking spray. Cover the egg whites with half the cheese, then half the white sauce. Repeat layers. Bake for 30 mins.



# STRAWBERRY SOUP

Strawberries offer a high antioxidant profile and Vitamin C.

## Ingredients

### Makes 5 servings

1 quart strawberries, hulled

Juice of 1 orange

3 tablespoon of confectioners  
sugar

1 (12-ounce) can peach nectar

1 1/2 cups nonfat plain yogurt

## Directions

In a food processor, combine strawberries and orange juice; blend until smooth. Add the sugar. Gradually add the peach nectar, blending well. Add yogurt, blending until mixed. Refrigerate.





# PEACH SOUP

Canned peaches may be used.

## Ingredients

Makes 10 servings

1 1/2 pounds peaches, peeled,  
pitted and sliced

2 cups nonfat plain yogurt

1 cup orange juice

1 cup pineapple juice

1 tablespoon lemon juice

2 tablespoon sugar

1/4 cup sherry, optional

## Directions

Purée peaches in a food processor until smooth. Add all remaining ingredients and blend well. Refrigerate to serve chilled.



# CRABMEAT EGG CASSEROLE

Crabmeat lovers will enjoy this delicious brunch dish. White or claw crabmeat can be used. Adjust the chopped veggies to what you can tolerate.

## Ingredients

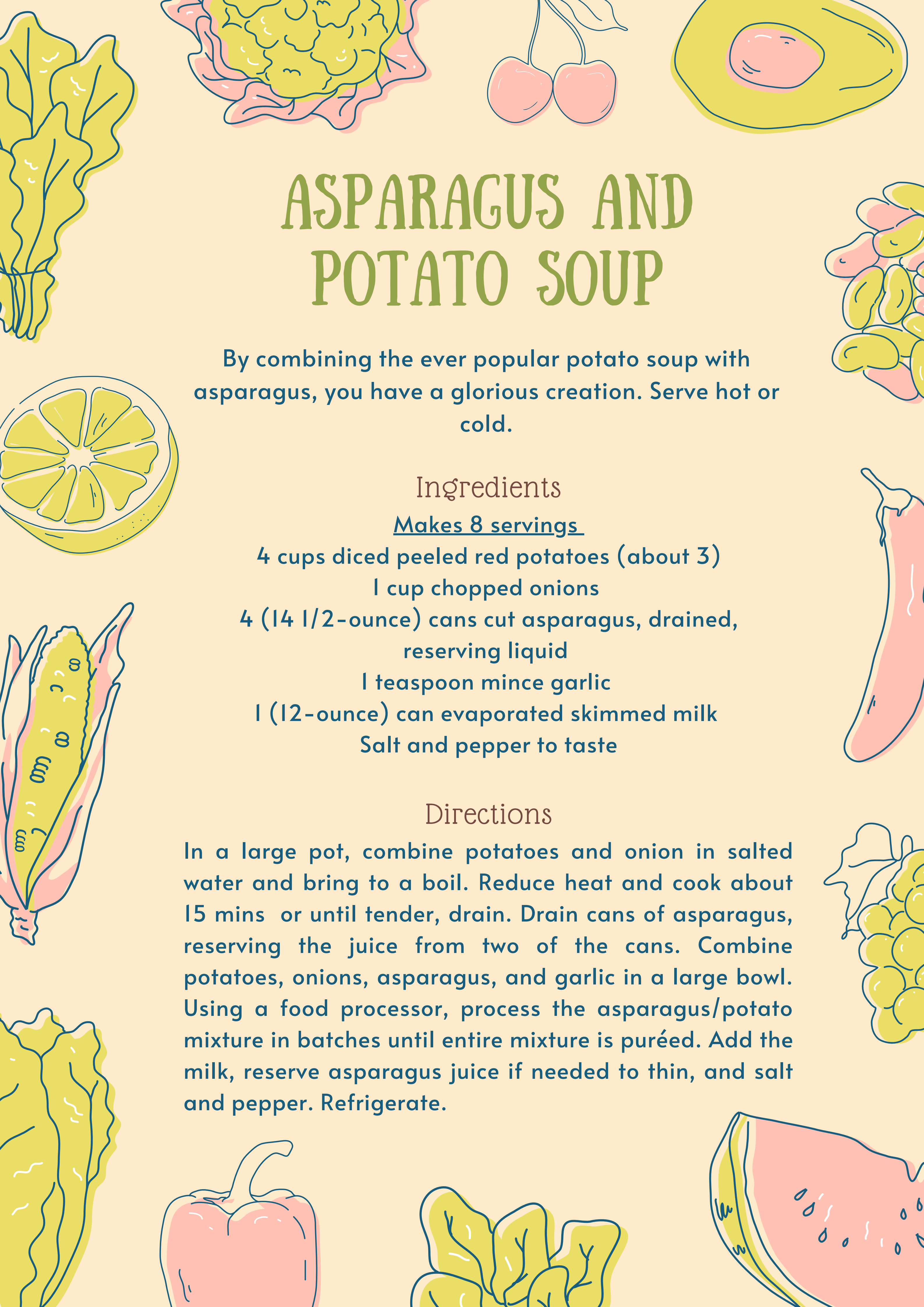
Makes 10 servings

- 6 sliced whole wheat bread
- 1/2 cup water
- 1 tablespoon margarine, melted
- 1 Onion, chopped
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped celery
- 2 clove garlic, chopped
- 8 ounces reduced fat sharp cheddar cheese, shredded
- 1 pound lump crabmeat, picked for bones
- 1 large egg
- 2 large egg whites
- 1/2 cup nonfat plain yogurt
- Salt and pepper to taste
- 4 cup all purpose flour
- 2 cups skim milk
- 1 teaspoon Worcestershire sauce
- Salt and pepper to taste
- 1/2 teaspoon garlic powder
- 6 hard boiled large eggs, whites only, chopped
- 2/3 cup shredded reduced fat cheddar cheese

## Directions

Preheat oven to 350 degrees. Place bread in a bowl with 1/2 cup water. Place stand 15 mins. In a skillet coated with nonstick cooking spray, melt margarine and sauté onion, green pepper, celery, and garlic until tender. Add shredded cheese to bread and water mixture, stirring together. Carefully stir in sautéed vegetables, and crabmeat. In a mixing bowl, beat the eggs, yogurt, and salt and pepper. Combine with crabmeat mixture, mixing well. Transfer into a 2 quart baking dish and bake for 30 to 40 mins.





# ASPARAGUS AND POTATO SOUP

By combining the ever popular potato soup with asparagus, you have a glorious creation. Serve hot or cold.

## Ingredients

Makes 8 servings

4 cups diced peeled red potatoes (about 3)

1 cup chopped onions

4 (14 1/2-ounce) cans cut asparagus, drained,  
reserving liquid

1 teaspoon mince garlic

1 (12-ounce) can evaporated skimmed milk

Salt and pepper to taste

## Directions

In a large pot, combine potatoes and onion in salted water and bring to a boil. Reduce heat and cook about 15 mins or until tender, drain. Drain cans of asparagus, reserving the juice from two of the cans. Combine potatoes, onions, asparagus, and garlic in a large bowl. Using a food processor, process the asparagus/potato mixture in batches until entire mixture is puréed. Add the milk, reserve asparagus juice if needed to thin, and salt and pepper. Refrigerate.



# CHICKEN SOUP

Chicken soup is healing and also freezes well. To reduce the sodium, leave out some or all of the bouillon cubes.

## Ingredients

Makes 8 servings

4 quarts water

3 pounds skinless, boneless chicken breasts, cut into pieces

1 large onion, cut into wedges

6 sprigs of parsley

3 bay leaves

2 cloves garlics, halved

1 (16-ounce) package baby carrots

1 cup chopped celery

1 turnip, cut into chunks

Salt and pepper to taste

4 chicken bouillon cubes

Cooked rice or noodles, optional

## Directions

Place all ingredients except rice or noodles in a large pot. Bring to a boil. Reduce the heat, cover, and simmer 45 minutes, or until the chicken is tender. If desired, removed the chickens, carrots, celery, and the turnip from the broth and strain the soup. Add the rice or noodles, if desired, and heat through.





# CHICKEN, BARLEY, AND BOW-TIE SOUP

## Ingredients

Makes 10-12 servings

2 1/2 pounds skinless, boneless chicken breasts,  
cut into 1 inch pieces

1 cup chopped celery

1 1/2 cups chopped onions

2 cups thinly sliced carrots

1 bay leaf

12 cups water

1/2 cup pearl barley

Salt and pepper to taste

1/2 teaspoon dried basil leaves

3 chicken bouillon cubes

1 (16-ounce) package bow-tie pasta

## Directions

Place the chicken, celery, onion, carrots, bay leaf, and 12 cups water in a large pot. Bring to a boil and add the barley. Reduce the heat, cover, and cook until the chicken and barley are done, about 30 minutes. Season with salt and pepper, and add the basil and bouillon cubes. Meanwhile, cook the pasta according to the package directions, omitting oil and salt. Drain, and set aside. Remove the bay leaf and add the pasta.



# WALDORF PASTA SALAD

This light colorful salad is like eating a fruit salad with pasta. Top with grilled chicken for a hearty salad.

## Ingredients

Makes 6 servings

8 ounces bow tie pastas

1 cup nonfat plain yogurt

1/4 cup frozen orange juice concentrate

1 (11- ounces) can mandarin orange slices,  
drained

1 cup seedless red grapes, halved

1 green apple, cored and chopped

1 cup chopped celery

## Directions

Prepare the pasta according to the package; set aside. In a small bowl, blend the yogurt with the orange juice. In a large bowl, combine the pasta, mandarin oranges, grapes, apple, and celery. Stir in the yogurt mixture; mix well. Cover and refrigerate until chilled.





# TUNA SALAD

Canned tuna turned into a delightful dish

## Ingredients

### Makes 8 servings

- 2 (6-ounce) cans white tuna, packed in water, drained
- 1 (11-ounce) can mandarin oranges , drained
- 1/4 pound fresh mushrooms, sliced
- 1 (14-ounce) can artichoke hearts, drained and cut in half
- 1 (8-ounce) can sliced water chestnuts, drained

## Dressing

- 1/4 cup fat-free or light mayonnaise
- 1/4 cup nonfat plain yogurt
- 1 tablespoon lemon juice
- 1 teaspoon sugar
- 1 bunch green onions (scallions), chopped

## Directions

Combine all the ingredients together and fold into the tuna mixture.



# PERFECT PASTA

Takes angel hair into a new level.

## Ingredients

Makes 6-8 servings

1 (12-ounce) package angel hair  
pasta

3 tablespoon olive oil

2 cloves garlic, minced

1 tablespoon finely chopped parsley

## Directions

Cook pasta according to package; drain, set aside. In a small pan, combine all remaining ingredients and sauté for a few minutes. Pour over cooked pasta and toss. Serve immediately.





# POTATO PIZZA

Cook pasta according to package; drain, set aside. In a small pan, combine all remaining ingredients and sauté for a few minutes. Pour over cooked pasta and toss. Serve immediately.

## Ingredients

Makes 6-8 servings

4 baking potatoes, peeled and cut into 1/4-inch thick round slices

1 tablespoon minced garlic

2 tablespoon olive oil

Salt and pepper to taste

1/2 cup chopped green onions (scallions)

1/2 cup shredded reduced-fat cheddar cheese

## Directions

Preheat oven to 350 degrees. In a large bowl, mix together the potato slices, garlic, olive oil, and salt and pepper. Coat the a 12-inch pizza pan with nonstick cooking spray and arrange the potatoes to cover the pizza pan, overlapping the slices. Bake for 35-40 mins or until the potato slices are tender. Remove from the oven and sprinkle with the green onions and cheese. Bake for 5 mins longer or until the cheese is melted.



# CHEESY MACARONI

A comfort food that we are never too old to enjoy. The cheeses are high in calcium and protein. Add more milk if needed to thin.

## Ingredients

Makes 8 servings

1 (16-ounce) package elbow macaroni

2 tablespoons cornstarch

2 cups skim milk

1 (8-ounce) package reduced fat sharp cheddar cheese, shredded

1 (16-ounce) container reduce fat cottage cheese

Salt and pepper

## Directions

Cook the pasta according to the package, drain. In a large pot, mix together cornstarch and milk over medium heat, stirring until thickened. Add the cheddar cheese, stirring until melted. Add the pasta, tossing until well combined and heated. In a food processor, blend cottage cheese until smooth. Add to pasta mixture. Season with salt and pepper.





# ORZO ASPARAGUS TOSS

Asparagus adds spunk to this Italian pasta dish. Orzo is a rice shape pasta. Substitute any pasta for this dish.

## Ingredients

Makes 6 servings

1 (16-ounce) package orzo

2 tablespoon olive oil

2 cups asparagus spears, cut in 2- inch pieces

1 red bell pepper, cored and cut in strips

1 cup thinly sliced onion

1 tablespoon finely mince garlic

1 cup tomato chunks

1/3 cup gated Romano cheese, optional

## Directions

Cook the pasta according to the package. Meanwhile, in a large skillet, heat olive oil and sauté the asparagus, red pepper, onion, garlic, and the tomato until all are tender. Add cooked orzo and toss together. If desired add the Romano cheese.



# SIMPLY DELICIOUS CHICKEN

When I was testing recipes my family made me promise to repeat this dish often. The simplicity of the dish is very appealing.

## Ingredients

Makes 8 servings

2 pound boneless skinless chicken breast

1/3 cup all purpose flour

Salt and pepper

2 tablespoon olive oil

1 cup canned fat free chicken broth

1 tablespoon cornstarch


Juice of 1/2 lemon

2 tablespoon chopped parsley

## Directions

Dust the chicken breast with flour and salt and pepper. In a large skillet, sauté the chicken in olive oil until brown and almost done. Mix together the chicken broth and cornstarch; add to the skillet stir in the lemon juice. Sprinkle with parsley before serving.





# ITALIAN CHICKEN

## Ingredients

### Makes 8 servings

1 (6-ounce) box long grain and wild rice mix

$\frac{3}{4}$  cup water

1 (14-ounce) can diced tomatoes

$\frac{1}{2}$  cup shredded part-skim mozzarella cheese

2 teaspoon dried basil leaves, divide

2 teaspoon minced garlic

1 teaspoon minced garlic

1  $\frac{1}{2}$  pounds skinless, boneless chicken breasts,  
cut into strips

$\frac{1}{4}$  cup grated parmesan cheese

## Directions

Preheat oven to 370 degrees. In a 2 to 3-quart oblong baking dish coated with nonstick cooking spray, combine the water, rice, seasoning packet, tomatoes, mozzarella, 1 teaspoon basil, 1 teaspoon oregano, and garlic, stirring well. Top the rice mixture with the chicken strips and sprinkle with the remaining basil and oregano and the Parmesan cheese. Bake, covered, for 45 mins. Uncover and continue baking 15 mins longer, or until the chicken is tender and the rice is cooked.before serving.



# QUICK CHICKEN AND DUMPLINGS

The flour tortillas are a great trick to use for no trouble dumplings and will enhanced the chicken soup.

## Ingredients

### Makes 8 servings

5 1/4 canned fat free chicken broth

5 1/2 cups water

1 1/2 pounds boneless skinless chicken breasts,  
cut into pieces

1 cup sliced carrots

Salt and pepper

10 (6-inch) flour or whole wheat tortillas

## Directions

Pour the chicken broth and water into a large pot. Add the chicken pieces, carrots, and salt and pepper to taste. Bring the mixture to a boil. Reduce the heat to medium and continue to cook for 25 mins or until the chicken is done. Cut the tortillas into small wedges. Add the cut up tortillas to the pot and stir. Continue to cook until tortillas are tender, about 5 mins. If you needed more liquid in pot, add more chicken broth or water.





# BAKED FISH

Another quick topping that is outstanding on any fish.

## Ingredients

Makes 4 servings

1 pound fish fillets

2 tablespoon light mayonnaise or mayonnaise  
of choice

1 tablespoon lemon juice

1/2 teaspoon prepared mustard

1/2 teaspoon onion powder

1/2 teaspoon garlic powder

1/8 teaspoon cayenne pepper, optional paprika

## Directions

Rinse fish and pat dry. In a small dish combine remaining ingredients except paprika, mixing well.

Lay fish in an oblong baking dish covered with nonstick cooking spray. Spread mayonnaise mixture over fillets. Marinates 30 mins. Preheat oven 500 degrees. Sprinkle with paprika. Baked for 10-15 mins or until flakes easily with fork.



# BROILED SHRIMP

When you want a delicious recipe with no clean up, here it is. The pan is lined with foil and no other dishes are used. No effort, yet great taste.

## Ingredients

### Makes 8 servings

- 2 pounds peeled large shrimp
- 1 tablespoon minced garlic
- 1/3 cup balsamic vinegar
- 1/4 cup white wine, optional
- 1/2 cup Italian bread crumbs
- 1/4 cup grated Parmesan cheese
- 2 tablespoon olive oil

## Directions

Preheat the broiler. Lay shrimp on a foil-lined pan. Sprinkle with the garlic, vinegar, and white wine. Sprinkle bread crumbs and Parmesan cheese on top. Drizzle with the olive oil. Let sit for 15 mins. Place under broiler for about 10-15 mins or until the shrimp are done. Watch carefully while cooking.





# YAM BISCUITS

You can quickly whip up these biscuits with ingredients found in your pantry. By including yams, you're including nutrition. Make larger biscuits to use for sandwiches.

## Ingredients

### Makes 2 servings

1 (15-ounces) can sweet potatoes (yams),  
drained and mashed

4 cups all-purpose baking mix

1/2 teaspoon ground cinnamon

3/4 cup skim milk

3 tablespoon margarine, softened

## Directions

Preheat oven to 450 degrees. In a mixing bowl, mix the mashed yams with the baking mix and cinnamon.

Add the milk and margarine to the mixture, stirring until blended. Roll on a floured surface to 1-inch thickness. Cut with a 2- inch cutter or a glass and place on a baking sheet. Bake for 10-12 mins or until golden brown.



# CHESS PIE

Whip up this quick yummy pie when you have a sweet tooth, but want something not too rich. Add lemon extract for a lemon flavor.

## Ingredients

Makes 6-8 servings

2 tablespoon margarine, melted

1 cup sugar

3 tablespoon all-purpose flour

1 (5-ounces) can evaporated skimmed milk

2 large egg, beaten

1 teaspoon butter extract

1 (9- inch) pie shell, unbaked

## Directions

Preheat oven to 350 degrees. Combine the margarine, sugar, flour, evaporated milk, eggs, and the butter extract in a bowl, beating well. Pour into the pie shell. Bake for 30 mins or until firm. Cool before serving.





# LEMON ANGEL FOOD CAKE

Serve this cake with assorted fresh berries or a fruit sauce. As a time saver, you can use commercially prepared angel food cake and just omit lemon extract.

## Ingredients

### Makes 12 servings

1 (16-ounce) box angel food cake mix

1 teaspoon lemon extract

1 (6-serving) package vanilla pudding mix

1 (8-ounce) container nonfat lemon yogurt

1 (8-ounce) container fat free frozen whipped topping, thawed

## Directions

Prepare cake according to package and adding lemon extract. Bake as directed in an angel food cake pan. Cool upside down over a narrow-neck bottle. In a bowl, blend dry pudding mix with lemon yogurt using a wire whisk. Fold in whipped topping. Remove cake from pan. Slice cake horizontally into 3 layers. Place bottom layer on a serving plate and top with one-third of lemon yogurt mix. Repeat layers twice. Refrigerate.



# QUICK CHEESE GRITS

Sometimes grits just hit the spot. If not serving immediately, reheat, add milk to make creamy if needed.

## Ingredients

Makes 12 servings

4 cups water

1 cup skim milk

1/2 teaspoon salt

1 1/2 cups quick grits

3 tablespoons margarine

3 cups shredded reduced fat cheddar cheese

1 tablespoon Worcestershire sauce

1/4 teaspoon garlic powder

## Directions

In a saucepan, bring the water, milk, and salt to a boil. Add grits, reduce heat, and cook about 5 mins, stirring occasionally. Add margarine, cheese, Worcestershire sauce, and garlic powder. Stir until margarine and cheese melts.





# PUMPKIN SOUP

Sometimes grits just hit the spot. If not serving immediately, reheat, add milk to make creamy if needed.

## Ingredients

### Makes 6 servings

1/2 cups finely chopped onions

1/2 teaspoon minced garlic

1 (15-ounce) can solid pack pumpkin

3 1/2 cups canned fat free chicken broth or  
vegetable broth

1/2 cup skim milk

Salt and pepper

Nonfat plain yogurt

## Directions

In a pot coated with a nonstick cooking spray, sauté the onion and garlic over a medium heat until tender, about 5 mins. Add the pumpkin. Gradually add the chicken broth and milk. Season with salt and pepper. Cook until heated through, about 5 mins. Serve with with a dollop of yogurt.



# CHEESE BROCCOLI SOUP

Broccoli is disguised in this nutritious creamy cheesy soup!

## Ingredients

Makes 6-8 servings

2 tablespoon margarine

1 onion, chopped

1/2 cup all-purpose flour

3 cups canned fat-free chicken broth or vegetable broth

2 (10-ounce) packages frozen chopped broccoli, thawed  
and drained

1 1/2 cups skim milk

4 ounces light pasteurized processed cheese spread, cut  
into pieces

Salt and pepper to taste

## Directions

In a large saucepan, melt the margarine and sauté the onion until tender, about 5 mins. Blend in the flour, stirring. Gradually add the chicken broth and then the broccoli, stirring to combine. Bring the mixture to a boil, stirring. Reduce heat to low. Cover and cook for 15 to 20 mins or until the broccoli is done and the soup thickens. Add the milk, stirring until blended. Add the cheese cubes to the soup, stirring and cooking over a low heat until the cheese is melted and smooth. Season to taste. If you want a cheesier soup, just add extra cheese.





# TWO-POTATO BISQUE

Here's a different and delicious twist on bisque.

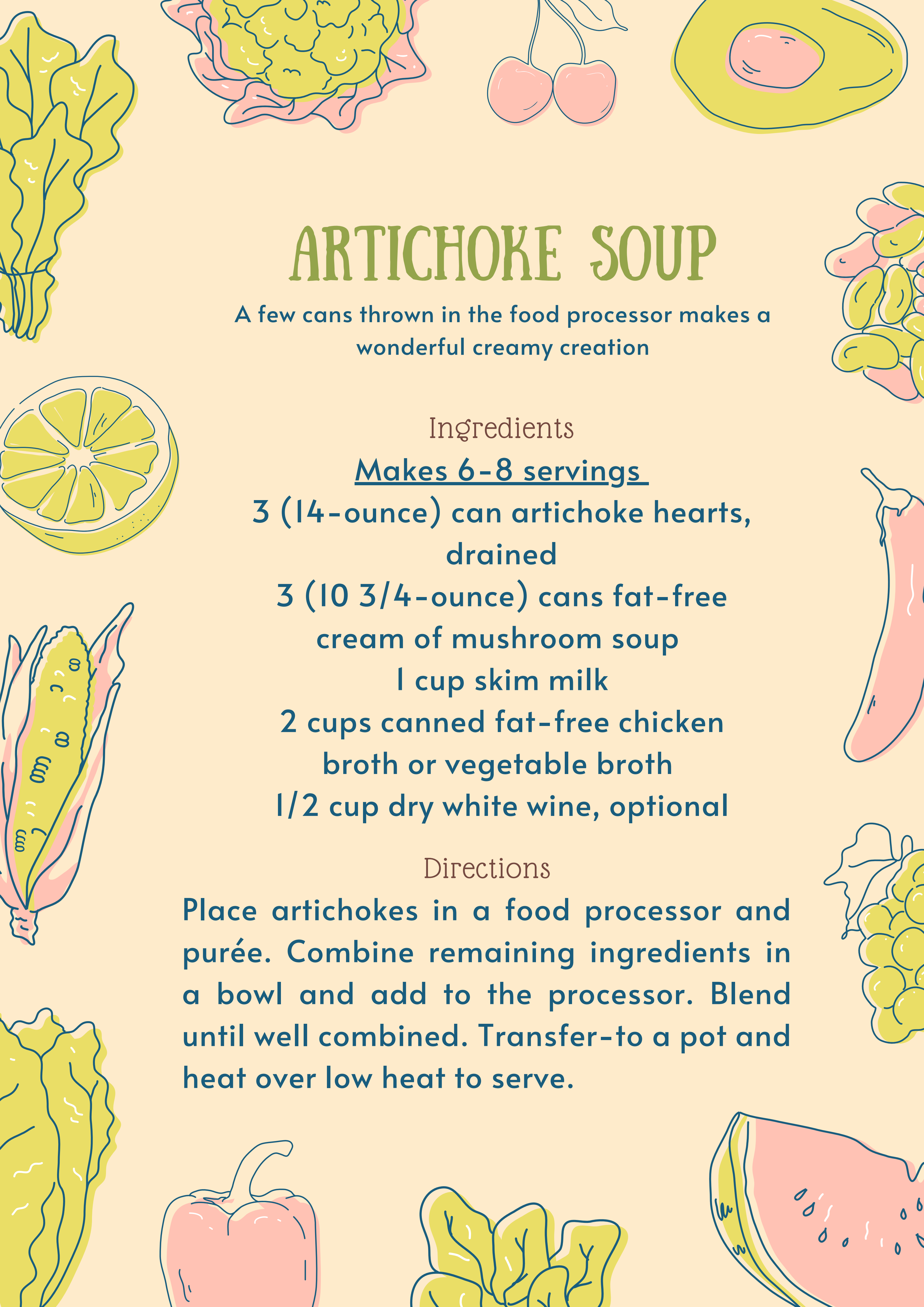
## Ingredients

Makes 4-6 servings

- 1 large sweet potato (yam), peeled and cut into 1-inch cubes
- 1 large baking potato, peeled and cut into 1-inch cubes
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 bay leaf
- Salt to taste
- 1 teaspoon dried thyme leaves
- 2 cups canned fat-free chicken broth
- 1 cup buttermilk
- 1 cup skim milk

## Directions

2 tablespoons lime juice in a large pot, combine the sweet potato, baking potato, onion, bay leaf, salt, thyme, and chicken broth and bring to boil. Reduce the heat and simmer, covered, for 15 minutes, or until the potatoes are tender. Pour the mixture into a food processor and blend until smooth; return to the pot. Add the buttermilk, skim milk, and lime juice and cook over a low heat until heated through; do not boil. Remove bay leaf before serving.



# ARTICHOKE SOUP

A few cans thrown in the food processor makes a wonderful creamy creation

## Ingredients

Makes 6-8 servings

3 (14-ounce) can artichoke hearts,  
drained

3 (10 3/4-ounce) cans fat-free  
cream of mushroom soup

1 cup skim milk

2 cups canned fat-free chicken  
broth or vegetable broth

1/2 cup dry white wine, optional

## Directions

Place artichokes in a food processor and purée. Combine remaining ingredients in a bowl and add to the processor. Blend until well combined. Transfer to a pot and heat over low heat to serve.





# EASY CRAB SOUP

A quick version when in a pinch!

## Ingredients

Makes 4 servings

1 onion, finely chopped

2 tablespoons margarine

2 tablespoon all- purpose flour

1 3/4 cups canned fat free chicken broth

1/2 cup water

1 (12-ounce) can evaporated skimmed milk

1 pound lump or white crabmeat, picked for bones

3 green onions (scallions), finely chopped, optional

## Directions

In a saucepan, sauté onions in margarine until tender. Stir in flour and gradually add broth and water. Simmer for 20 mins on low heat. Stir in milk. Fold in crabmeat. Garnish with green onion stems when not neutropenic.



# LINGUINE FLORENTINE

Spinach and linguine combine together for a light but satisfying meal. Serve smaller portions as a side to any entree.

## Ingredients

Makes 6 servings

2 tablespoon olive oil

1 teaspoon minced garlic

1 large bunch fresh spinach, (5-6 cups),  
stemmed and washed

1 (12-ounce) can evaporated skimmed milk

Salt and pepper

1 (16-ounce) package linguine

1/3 cup grated Parmesan cheese

## Directions

In a large skillet, heat the olive oil and the garlic and spinach. Cover and cook until the spinach is wilted, about 3 mins, stirring occasionally. Add the milk and the season to taste. Meanwhile, prepare the pasta according to package. Toss with the spinach in the skillet and sprinkle with cheese.





# LOADED POTATOES

These yummy potatoes can be served plain or add your favorite condiments depending on your taste tolerance.

## Ingredients

### Makes 6 servings

- 1 (32-ounce) bag frozen hash brown potatoes
- 2 large eggs
- 3 large egg whites
- 2 cups skim milk
- 4 tablespoon margarine, melted
- Salt and pepper
- 1/2 teaspoon onion powder
- 2 cups shredded reduce-fat cheddar cheese
- 1/2 cup non fat plain yogurt
- 1/2 cup salsa, optional

## Directions

Preheat oven to 350 degrees. Place the potatoes in a 1 & 1/2-quarts shallow baking dish coated with nonstick cooking spray. Bake for 15 mins. Meanwhile, Combine the eggs, egg whites, milk, margarine, salt and pepper, and onion powder. Remove the potatoes from the oven. Sprinkle with cheddar cheese, tossing toss with with the a fork to mix. Pour the milk mixture over the potatoes. Return to the oven and bake for 30-40 mins longer or until the potatoes are light brown and firm to touch. Serve with salsa.



# CHEESY SHRIMP RICE CASSEROLE

These yummy potatoes can be served plain or add your favorite condiments depending on your taste tolerance.

## Ingredients

Makes 6-8 servings

1 cup dry brown or wild rice

2 cups water

2 pounds cooked medium shrimp, peeled

Salt and pepper

6 ounces light pasteurized processed cheese  
spread

1/2 cup skim milk

Bread crumbs

## Directions

Pre heat oven to 350 degrees. Cook the rice in the water according to package directions. Set aside, combine the shrimp salt and pepper, and the cooked rice. Heat the cheese and milk together in the microwave or in a small pan over medium- low heat until melted, and mix with the rice mixture. Transfer to a 2-quarts casserole dish, sprinkle with bread crumbs, and bake for 15 mins or until well heated.





# HOT COCOA DRINK SUPPLEMENTS

Packages of cocoa mix turn these drinks into chocolate delights. Coffee lovers, stir in 1/2 teaspoon instant delights. Coffee. For cocoa smoothie, add cocoa mix to 1/2 cup chilled chocolate nutritional energy drink supplement and 1/2 cup ice cubes in a blender and blend until smooth.

## Ingredients

### Makes 1 serving

1 (8-ounce) can nutritional energy drink  
supplement

1 package hot cocoa mix

## Directions

Pour supplements into a large microwave safe mug and microwave until very hot. Gradually stir in the cocoa mix until well blended.



# BASIC WEIGHT GAIN SHAKE

Also great for sore mouth. Add frozen banana if desired.

## Ingredients

Makes 1 serving

1/2 cup chocolate nutritional energy drink supplement, chilled

1/2 cup reduce fat vanilla ice cream

## Directions

Place supplements and ice cream in a blender and blend until well mixed. Pour into a large glass and serve





# PEACH WEIGHT GAIN SHAKESHAKE

Peaches and almond disguise the taste of the supplement.

## Ingredients

### Makes 2 servings

1 (12-ounce) can vanilla nutritional energy drink  
supplement

1/2 teaspoon almond extract

1 (15-ounce) can sliced peaches in syrup,  
drained

## Directions

Pour supplement, extract, and peaches into a blender. Blend  
and chill or serve over ice.



# PEACH SMOOTHIE

Serve with ginger snaps or honey graham crackers.

## Ingredients

### Makes 2 servings

2 cups canned sliced peaches, drained

1 (12-ounce) can peach nectar

1 cup nonfat vanilla yogurt

1/2 teaspoon almond extract, optional

1 cup chopped ice

## Directions

In a food processor or blender, combine all the ingredients and blend until mixture is smooth and frothy.





# BAKED PEACH DELIGHT

This will intrigue your guests. A great substitute for fresh fruit. Adjust recipe according to number of peach halves in the can.

## Ingredients

Makes 5 servings

1 (16-ounce) can peach halves, drained (5-halves)

5 tablespoons reduced-fat peanut butter

5 teaspoon light brown sugar

## Directions

Preheat oven to 350 degrees. Place peach halves in a baking dish, pit-side up. Spread 1 tablespoon peanut butter on each peach half and sprinkle each with 1 teaspoon brown sugar. Bake until peanut butter and brown sugar melt, about 5-10 mins.



# MOCHA CAPPUCCINO PUDDING PIE

Sugar free instant pudding and sugar free ice cream  
may be substituted.

## Ingredients

### Makes 8 servings

1 (4-serving) package instant chocolate  
pudding

2 teaspoons coffee granules

1 cup skim milk

1 cup fat free vanilla ice cream

1 cup fat free frozen whipped topping, thawed

1 prepared reduced-fat graham cracker crust

## Directions

Combine pudding mix, coffee granules, milk, and ice cream.  
Beat 2 mins or until creamy. Fold in whipped topping.  
Transfer to prepared pie crust. Freeze 30 mins or longer  
before servings. Can also be made as a parfait.





# HEAVENLY YAM DELIGHT

A sweet potato version of a favorite layered dessert.  
The perfect treat to make when you're in a hurry,  
wonderful! If you enjoy pumpkin, you'll love this treat.

## Ingredients

Makes 16 servings

1 cup all-purpose flour

1/4 cup plus 2/3 cup confectioners sugar, divided

1/3 cup chopped pecans

6 tablespoons margarine, softened

1 (8-ounce) package fat free cream cheese

1 (8-ounce) container fat free frozen whipped topping,  
thawed, divided

1 (29-ounce) can sweet potatoes (yams), drained

1/2 teaspoon ground cinnamon

1/4 cup sugar

## Directions

Preheat oven to 350 degrees. In a large bowl, combine flour, 1/4 cup confectioners sugar, pecans, and margarine. Press into bottom of 13x9x2-inch baking pan. Bake 20 mins. Set aside to cool. In a mixing bowl, mix cream cheese and remaining 2/3 cup confectioners sugar until creamy. Fold in 3/4 cup whipped topping. Spread cream cheese mixture over cooled crust. In a mixing bowl, beat sweet potatoes, cinnamon, and sugar until smooth. Spread cream cheese mixture. Top with remaining whipped topping. Refrigerate.



# HOT FRUIT COMPOTE

Open cans and you have a tasty fruit dish.

## Ingredients

Makes 12-15 servings

2 bananas, sliced

1 tablespoon lemon juice

1 (29-ounce) can lite sliced peaches, drained

1 (16-ounce) can lite pear halves, drained and  
sliced

1 (16-ounces) can lite apricot halves, drained and sliced

1 (16 1/2-ounce) can pitted bing cherries, drained

1 (20-ounce) can pineapple chunks in its own juice,  
drained

1/4 cup cornstarch

1 cup light brown sugar

1/2 teaspoon curry

6 tablespoon margarine, melted

## Directions

Preheat oven to 350 degrees. Sprinkle bananas with lemon juice. Mix peaches, pears, apricots, cherries, and pineapple with bananas. Transfer to a 3-quart glass baking dish. In small bowl, combine. Cornstarch, brown sugar, and curry. Sprinkle over fruit. Drizzle margarine over top of dish. Bake, covered, for 30 mins. Uncover, and bake for another 15 mins or until bubbly.





# VERY GOOD VEAL

Veal is a nice variation from time to time.

## Ingredients

Makes 12-15 servings

1 1/2 pounds thinly sliced veal (scaloppini)

1/4 cup all-purpose flour

1 tablespoon paprika

Salt and pepper

1 tablespoon margarine

1/2 tablespoon minced garlic

1/4 cup water

1 cup nonfat plain yogurt

1 teaspoon dried basil leaves

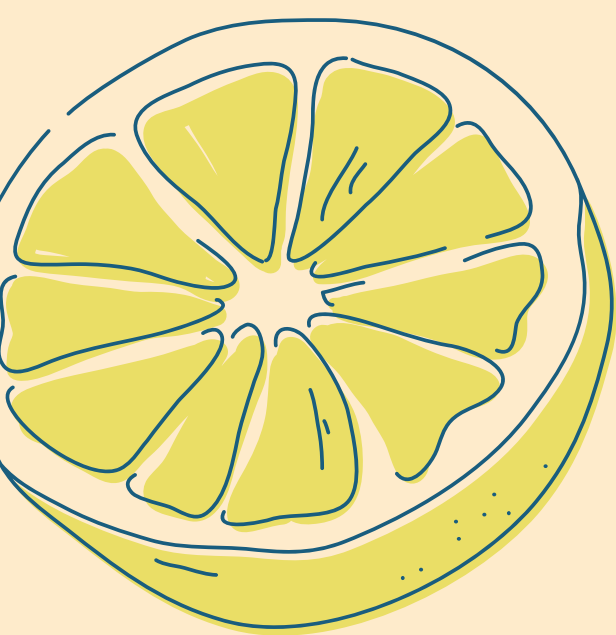
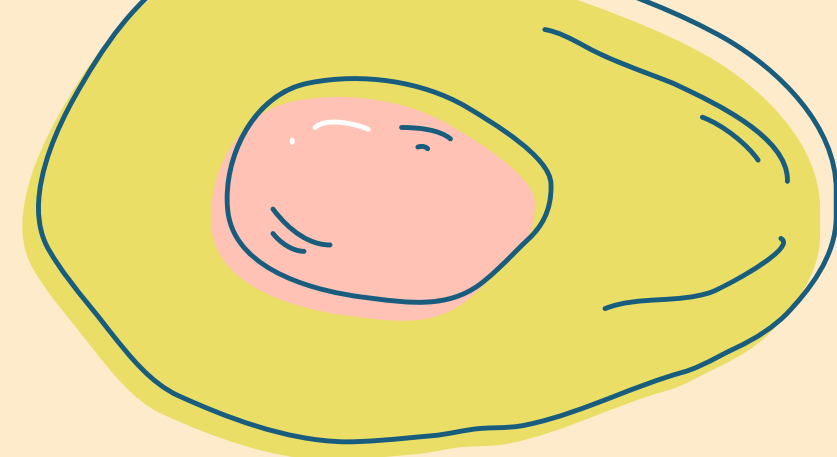
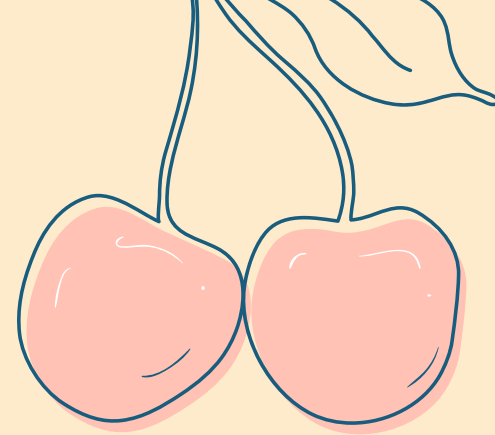
1 tablespoon lemon juice

1/2 teaspoon dried rosemary leaves

1/4 cup Marsala wine, optional

## Directions

Cut the veal into bite-size pieces. Combine the flour, paprika, and salt and pepper in a plastic zip-top bag. Drop the veal into the bag and shake to coat well. In a large skillet, melt the margarine and add veal pieces and garlic. Sauté over medium high heat about 3mins, turning frequently, until the veal is browned. Add the water, scrapping the bottom of the skillet. Lower the heat and stir the yogurt, one spoonful at a time until well blended. Mix in the basil, lemon juice, rosemary, and Marsala wine. Heat thoroughly, about 5mins, but do not boil.



# REFERENCE

Clegg, Holly and Miletello, Gerald. Eating Well Through Cancer: Easy Recipes and Recommendations During and After Treatment. USA: TN, 2006.

