Smilow Cancer Hospital Nutrition Cookbook for Cancer Patients

General Recipes
Recipe: Banana-Vanilla Coffee Smoothie

Ingredients:

1/2 cup nonfat milk
1/2 cup strong-brewed coffee (for brewing, use 2 Tbsp. ground coffee per 1/2 cup water)
1 cup frozen non-fat coffee-flavored yogurt or low fat ice cream
1 large, peeled frozen banana, cut into 4 pieces
1 tsp vanilla extract
1 tbsp crushed dried (unsweetened) banana chips (optional)
Directions:

Pour milk and coffee into blender. Add frozen yogurt, banana and vanilla. Puree until thick and creamy. Pour into tall glasses and top each with a little crushed banana chips.

Notes: Serves 3

Per serving: 120 calories, 0 g fat (0 g saturated fat), 26 g carbohydrates, 5 g protein, 1 g fiber, 60 mg sodium
Recipe: Apple Strudel Buckwheat Pancakes

Ingredients (apple strudel mixture):

1 cup water
1/4 cup raisins
1 Tbsp. butter
2 Tbsp. brown sugar
1/2 tsp. ground cinnamon
1/3 cup thoroughly chopped walnuts
1 large apple (peeled, cored and chopped)

Notes: Makes 8 servings.

Per serving: 310 calories, 14 g total fat (2 g saturated fat), 41 g carbohydrate, 8 g protein, 3 g dietary fiber, 165 mg sodium.
Directions:

Boil water, then add raisins. Remove from heat and let steep until raisins are plump and reconstituted, about 10 minutes. Drain and set aside.

In shallow pan over medium heat add butter. Once butter has melted and is bubbling, stir in brown sugar and cinnamon. Cook for about 3 minutes until sugar starts to dissolve. Add walnuts, apples and raisins. Cook apples until just tender when pierced with fork, about 4 minutes. Set aside to cool completely.
Ingredients (batter):

1 cup buckwheat flour
1 cup unbleached all-purpose flour
2 Tbsp. sugar
1 tsp. ground cinnamon
1 tsp. baking soda
1/2 tsp. salt
2 eggs
2 cups 1% buttermilk
1/4 cup safflower oil
1/2 tsp. vanilla extract
Canola oil cooking spray
Directions:
Mix flours, sugar, cinnamon, baking soda and salt in medium to large bowl. In separate bowl beat eggs lightly and mix with buttermilk, oil and vanilla extract.

Pour wet ingredients into dry, mixing as little as possible. Add strudel mixture and fold all ingredients together. Set aside.

Heat nonstick pan or griddle over medium heat. Grease pan lightly with nonstick cooking spray or a little vegetable oil. Once pan is hot, ladle about 1/4 cup of batter per pancake taking care not to over-crowd the pan. After about 2 or 3 minutes flip pancakes. They should only be flipped once so that they don't become hard. Pancakes can be placed in warm oven until ready to serve. Serve warm with your favorite maple syrup.
Recipe: Guacamole Deviled Eggs

Ingredients:

6 hard boiled eggs*
  2 ripe avocados
  1 Tbsp lime (or lemon) juice
  1/2 teaspoon salt
  1 Tbsp sour cream (can skip if you need dairy-free)
  1 Tbsp chopped cilantro (plus a several leaves for garnish)
  1 serrano or 1/2 jalapeno chile pepper, minced (include the seeds for more heat, leave them out for less)
  1 Tbsp chopped chives or green onion
Directions:

*To make hard boil eggs, place eggs in a saucepan and cover with at least one inch (or two) of cold water. Bring to a rolling boil. Turn off the heat, cover the pot, and let the eggs cook in the residual heat for 10-12 minutes. Drain and rinse with cold water. For more advice see our How to Make Perfect Hard Boiled Eggs Method.

1. Carefully peel the hard boiled eggs and cut them in half lengthwise. Place them on a serving platter. Scoop out the cooked yolks and set aside.
Directions continued...

2. Cut the avocados in half. Remove the pit. Scoop out the avocado flesh and place in a bowl. (See How to Cut and Peel an Avocado.) Roughly mash with a fork. Use your fingers to break up one or two of the cooked egg yolks (2 to 4 halves) over the mashed avocado. (Reserve the remaining egg yolks for another use.) Sprinkle with lime juice and salt, and stir in the sour cream. Stir in the chopped cilantro, serrano or jalapeño chile pepper, and chives.

3. Scoop a generous spoonful of the avocado mixture into each well of the hard boiled egg whites. Top with a small sprig of fresh cilantro or some chopped chives.
Notes:

Chiles vary tremendously in their level of heat. Taste the chile you are using before adding it to the mixture. If not hot enough, taste the seeds and if they are hot, make sure you include some. If crazy hot, then only use a little chile, or a splash of Tabasco (green Tabasco if you have it) instead.

Use only ripe avocados, avocados with some give when you press them gently. If they are hard, they aren't ripe and not only will they not taste good, you won't be able to easily mash them. Note that if they are too ripe (too much give when you press them), they may be bruised and also won't taste good.

Yield: serves 4
Per serving: 265 calories, 22 g total fat, 11 g carbohydrate, 11 g protein, 6 g dietary fiber, 375 mg sodium
Recipe: Arugula and Avocado Breakfast Sandwich

Ingredients:

¼ cup plain Greek yogurt
1 lemon, zested and juiced
2 eggs
4 slices multigrain bread, toasted
1 cup arugula
1 avocado, peeled, pitted and sliced
1 tablespoon pepitas (optional)

Notes: 265 calories, 22 g total fat, 11 g carbohydrate, 11 g protein, 6 g dietary fiber, 375 mg sodium

Yield: serves 2
Directions:

1. In a small bowl, mix together yogurt, lemon juice, and lemon zest. Season with a pinch of salt and pepper.

2. Heat a greased non-stick pan on medium low heat. Crack and pour eggs into the pan. Cook until whites are set, flip and cook for 1 minute for a runny yolk, 3 minutes for a fully cooked yolk. Turn off the heat and let sit while assembling sandwich.

3. Place 2 slices of bread on 2 plates. Spread an even layer of the yogurt sauce over the toast. Top with a portion of arugula, avocado and egg, and pepitas if using. Top with other slice of bread. Cut the sandwich down the middle and serve.