



# Living Healthy

COOKBOOK  
*with Information about  
Urologic Cancers*


*Urology Care*  
FOUNDATION™  
*The Official Foundation of the  
American Urological Association*

# Urologic Cancers

Cancer is the result of abnormal cell growth, which takes over the body's normal cell function, making it harder for the body to work the way it should. Urologic cancers affect the organs and structures of the male and female urinary system and the male reproductive system. Each year nearly 400,000 people in the United States are told they have a urologic cancer. Common types of urologic cancers include:

- Bladder Cancer often starts in the lining of the bladder. In the United States, it is the fourth most common cancer in men. Each year, there are more than 81,000 new cases diagnosed in men and women.
- Kidney Cancer is one of the top 10 common cancers in the United States, with more than 70,000 new cases diagnosed each year. More men than women are diagnosed with kidney cancer.
- Prostate Cancer is the second most common cancer in men in the United States. About 1 in 9 men will be diagnosed with prostate cancer during their lifetime. Prostate cancer is more likely to develop in older men and in African American men.
- Testicular Cancer is often diagnosed in young and middle-aged men. Each year, there are more than 9,000 new cases diagnosed in the United States; as such, it is not a common form of cancer.





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## Thank You

The Urology Care Foundation is honored to have worked with so many caring and talented people to create this cookbook. Eternal gratitude is expressed to all who have contributed to this educational cookbook to include urologists, dietitians and staff. A sincere thank you is extended to the seven celebrity chefs who so graciously shared recipes for use in *Living Healthy Cookbook with Information about Urologic Cancers*.

## Nutrition and Cancer

While each person and each cancer diagnosis is unique, general guidance before, during and after treatment includes eating nutritious foods to help focus on healthy habits. When you are healthy, eating enough food may not be a problem. But when you are dealing with cancer and treatment, this may be harder to do.

Chemotherapy, surgery, radiation therapy and other cancer treatments may take a toll on the body. They may affect taste, smell, appetite, how much food is eaten and the ability to absorb nutrients from food.

This cookbook is designed to help you think about what you eat and to help you select meals while you or someone you love is dealing with cancer. Talk with your physician or care team about cancer treatment, as well as about what to eat during cancer treatment. They may refer you to a dietitian who can help you with your diet and to choose foods and drinks during and after treatment.

# Living Healthy Basics

A plan for healthy living can help support you in making healthy behaviors a part of your life. If you need, start small and build from there. Reach out to your care team. They can also help you develop a plan.

Here are some *living healthy* basics you can apply:

## Stay Hydrated

Your body needs a certain amount of liquid to function well. This is called hydration. Water, fruits, vegetables, smoothies, some soups, decaffeinated tea and unsweetened drinks are some examples for how to keep hydrated.

## Eat Healthy

Food provides your body with energy to function. When choosing foods, try reaching for whole fruits, vegetables, legumes (like peas or beans) and other low-calorie options. Consider eating whole grains instead of refined grains. For example, choose whole-grain bread, pasta and cereal instead of refined foods like pastries, white rice or sugary cereals.

## Commit to Exercise

A doctor-approved workout may strengthen your body, improve your hormone levels and the way your immune systems works. Even a little exercise to keep active may make a difference.

## Stop Tobacco Use

Tobacco can cause cancer. There are benefits to stopping tobacco use at any age. Talk to your health care provider if you are having trouble quitting the use of tobacco.



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# Shopping

Grocery shopping may feel less intimidating when you have a shopping strategy.

With some planning, shopping for healthy foods can become a simple task and healthy habit. You may decide to try some new foods as part of the recipes in this cookbook or perhaps you would like to try eating a new type of fish or some whole grains.

## Plan Ahead

Having a shopping plan can help ensure you have the food you need to make a recipe or to get through until your next shopping trip. A good list may help if you are trying to spend less time in the market.

Here are a few tips that may help when you set out on your next grocery trip.

- Look over any recipes you plan to prepare so you buy the ingredients you need.
- Make a grocery list with needed recipe items and healthy snack items.
- Keep your list in a convenient place so it's easy to add items when they come to mind.
- Group items into categories, such as produce, dairy or frozen foods.
- If you know the store, arrange the list so it follows the store's layout.
- Invite family or friends to go for you or with you to the market.
- Eat a small, healthy snack before going to the market.
- Allow yourself more time than usual for shopping.
- Think about shopping during less busy times of the day or days of the week.
- Carefully read product nutrition labels.
- At grocery checkout, ask for bags to be packed so they are not too heavy or ask for assistance.
- As another option, many grocery stores now have online stores. You can create, save and update an online shopping list and then have the store deliver your order. There is often a delivery fee.



# Nutrition Labels

Learn what to look for on the label.

The US Food and Drug Administration (FDA) requires food companies to provide certain information in Nutrition Facts labels – which are the labels printed on food packages. Nutrition labels can be filled with useful clues. When you eat something from a box, bag or fast food restaurant, look for options with less sugar, salt and calories. You can make better choices by reading the label.

Always read the serving sizes.

<b>Nutrition Facts</b>			
Serving Size 3 oz. (85g)			
Serving Per Container 2			
<b>Amount Per Serving</b>			
<b>Calories</b>	200	Calories from Fat 120	
<b>% Daily Value*</b>			
<b>Total Fat</b>	15g		<b>20 %</b>
Saturated Fat	5g		<b>28 %</b>
Trans Fat	3g		
<b>Cholesterol</b>	30mg		<b>10 %</b>
<b>Sodium</b>	650mg		<b>28 %</b>
<b>Total Carbohydrate</b>	30g		<b>10 %</b>
Dietary Fiber	0g		<b>0 %</b>
Sugars	5g		
<b>Protein</b>	5g		
Vitamin A	5%	•	Vitamin C 2%
Calcium	15%	•	Iron 5%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
		Calories	2,000    2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g

Details on calories and nutrients.

% Daily Value

# Tips

## Useful Tips

Going through cancer treatment may cause various side effects. Below are some helpful tips to consider, but it is important to discuss any side effects with your health care team.

### Nausea

- Eat meals slowly and sit quietly after meals to help you feel settled.
- Eat small portions several times a day so you always have a small amount of food in your body.
- Sip liquids during the day. You may prefer cold and clear liquids, such as water, ginger ale, decaffeinated tea, apple juice or broth.

### Constipation

- Drink more fluids.
- If it is okay with your care team, try eating high-fiber foods like whole-grain breads and cereals, fruits, vegetables, brown rice, beans, quinoa and other grains.
- Exercise may be helpful

### Diarrhea

- When diarrhea starts, or it feels as if it's going to start, try a diet of clear liquids to include water, apple juice, peach or apricot nectar, clear broth,

popsicles, clear gelatin and weak, decaffeinated tea.

- Try to limit acidic drinks, such as tomato juice, citrus juices and fizzy soft drinks.
- Once diarrhea starts to improve, try eating small amounts of foods that are easy to digest. Try for a **"BRATY"** diet to include foods such as **B**ananas, **R**ice, **A**pplesauce, dry **T**oast and **Y**ogurt. Other food choices include mashed potatoes and low-fat cottage cheese.
- It may also be helpful to eat and drink high-sodium (salt) items such as broths, sports drinks, crackers and pretzels.

### Dehydration

- Keep drinks close to you so they are easy to enjoy. Aim to take sips throughout the day.
- Set alarms or pop-ups on your smartphone to remind you to take a sip about every hour.
- Enjoy fluid-filled foods like melon, plums, lettuce, cucumber or soups. Or suck ice chips to relieve a dry mouth.





## Travel Tips

When you travel, it's best to be prepared – even when it comes to eating. Here are some food tips for when you are on the road.

- **Plan ahead.** Pack healthy snacks for long trips or doctor visits. Try packing a small cooler with hummus and vegetables or apples and peanut butter. Or keep it simple with whole-grain crackers or trail mix.
- **Fast food.** Sometimes you just have to stop for a quick bite. When you eat out, try to choose salads or grilled items instead of fried foods.
- **Grocery shop.** Grocery shopping can help when you are away from home. Look for low-fat prepared meals, salads or rotisserie chicken options.



# Drinks

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Your goal should be to drink enough fluids each day to stay hydrated. Liquids, such as water, are important to cell function, transporting nutrients and oxygen and protecting organs and tissues. Cancer treatment side effects such as nausea, vomiting or loose stools can contribute to your body losing fluids. Staying hydrated can help replenish the fluids lost as a result of these side effects.



# Chilled Minty Green Tea

🕒 Total: 15 m 🍵 Prep: 5 m 👤 Serves: 6

36 calories, 0 g fat, 5 mg sodium, 9 g carbohydrates, 0 g fiber, 0 g protein, 18 mg calcium, <1 mg iron, 29 mg potassium, 3 mg vitamin C

Chilled decaffeinated green tea is a drink you can make at home to help you stay hydrated. The mint serves as a soothing herb.

## Ingredients

4 cups boiling water + 2 cups cold water	2 cups of ice
4 green decaffeinated tea bags	1 lemon, sliced for serving
2 sprigs of fresh mint	Optional: 3 tablespoons of honey

1. Boil 4 cups of water in a saucepan or the microwave. Add tea bags and mint sprigs. Let the tea soak for up to 10 minutes.
2. Remove the tea bags and mint.
3. To ice the tea, put it in a pitcher and add 2 cups of ice and 2 cups of cold water. Serve with lemon slices or more mint. If you like warm tea, simply heat it up again and enjoy.





# Hot Spiced Green Tea

🕒 Total: 10 m   🍵 Prep: 5 m   👤 Serves: 2

40 calories, 0 g fat, 3 mg sodium, 11 g carbohydrates, 0 g fiber, 1 g protein, 10 mg calcium, <1 mg iron, 44 mg potassium, 5 mg vitamin C

For a soothing and balanced recipe, try this with added ginger, lemon and spices. It is warm and comforting for any time of the day.

## Ingredients

- |                                       |   |
|---------------------------------------|---|
| 1 cinnamon stick                      | ¼ teaspoon fresh ginger, minced         |
| 2 cardamom pods (or 2 allspice seeds) | ½ of a lemon (juice and rind)           |
| 2 cups boiling water                  | Optional: 1 tablespoon or less of honey |
| 2 green decaffeinated tea bags        |   |

1. In a bowl or saucepan, boil everything together for 2-4 minutes.
2. Strain out the spices, lemon and tea bags. If preferred, stir in a small amount of honey.
3. Enjoy warm. You can also keep it in the refrigerator or pour it over ice for a cool drink.

# Tropical Smoothie

🕒 Total: 5 m 🥄 Prep: 5 m 👤 Serves: 3

275 calories, 17 g fat, 24 mg sodium, 34 g carbohydrates, 4 g fiber, 3 g protein, 56 mg calcium, 3 mg iron, 603 mg potassium, 74 mg vitamin C

This cool drink offers a fresh taste from mango, pineapple and banana. Plus, a vegetable can be added into the day through the carrots! It may be a choice if you are not feeling hungry, but need calories.

## Ingredients

- |   |   |
|---|---|
| 1 orange, peeled and separated                | 1 cup pineapple chunks (fresh or frozen)  |
| 1 banana, peeled and sliced (fresh or frozen) | ½ cup carrots, cut into smaller chunks  |
| 1 cup coconut milk (or almond milk)           | Optional: 1 teaspoon chia seeds or ground flax seed, one probiotic tablet (opened and sprinkled into the mixture) or shaved coconut |
| 1 cup mango chunks (fresh or frozen)          |   |

1. Blend all ingredients in a blender until smooth. Add a touch of water if it is too thick. Try serving with a little umbrella, just for fun!





# Cocoa Peanut Butter Smoothie

🕒 Total: 5 m 🥄 Prep: 5 m 👤 Serves: 2

253 calories, 7 g fat, 131 mg sodium, 42 g carbohydrates, 5 g fiber, 13 g protein, 280 mg calcium, 2 mg iron, 684 mg potassium, 10 mg vitamin C

Protein shakes may be a quick way to get protein and calories. Recipes like this can help you avoid overly processed and sweetened drinks from a coffee shop. Speaking of coffee, you can add decaffeinated coffee to give this drink a creamy mocha flavor.

## Ingredients

1 banana, peeled and sliced (fresh or frozen)

3 tablespoons unsweetened cocoa powder (if you only have sweetened cocoa, use less honey)

6 ounces plain Greek yogurt (or ½ an avocado will also work)

¾ cup almond milk

1 tablespoon honey

1 tablespoon peanut butter

Optional: ¼ cup of decaffeinated coffee for a rich mocha flavor

1. Blend all ingredients in a blender until smooth. Serve.

# Blueberry Breakfast Smoothie *(with a secret)*

🕒 Total: 5 m 🥄 Prep: 5 m 👤 Serves: 2

170 calories, 3 g fat, 92 mg sodium, 30 g carbohydrates, 4 g fiber, 8 g protein, 246 mg calcium, 2 mg iron, 317 mg potassium, 10 mg vitamin C

The berries in this delicious breakfast smoothie hide the fact that it also contains high-fiber grains and vitamin-rich greens. It is a delicious option any time of the day.

## Ingredients

1 cup blueberries (fresh or frozen)

1/3 cup plain or vanilla Greek yogurt (or a nondairy yogurt of your choice)

3/4 cup of a nut milk

3 tablespoons of old-fashioned oats

1 cup fresh spinach (or 1/2 cup frozen spinach)

Optional: 1/8 teaspoon cinnamon

1. Blend all ingredients in a blender until smooth. Serve.







# Fruity Ice Pops

🕒 Total: 8 h   🥄 Prep: 5 m   👤 Serves: 6

29 calories, 0 g fat, 1 g sodium, 8 g carbohydrates, <1 g fiber, 0 g protein, 5 mg calcium, <1 mg iron, 75 mg potassium, 7 mg vitamin C

Some cancer treatment side effects may make it hard to eat, but frozen fruit pops may help when you want to cool your mouth. Mix this recipe up by using other favorite fruits.

## Ingredients

2 cups watermelon, chopped  
½ cup blueberries

2½ tablespoons fresh squeezed  
lime juice

Optional: 1-2 teaspoons honey

1. Mix the watermelon, lime juice and honey in a food processor or blender to make a smooth paste.
2. Use an ice tray, small paper cup or ice pop tray to place 1-2 blueberries in each section and pour the watermelon mixture around the berries.
3. Add a toothpick or popsicle stick to each ice pop. Freeze and enjoy.

### Save leftovers.

*If you have leftover smoothie, freeze it for later. It can serve as a frozen fruit pop or you can warm it in the microwave for a few seconds to remix and drink later.*





# Breakfast

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Here are some breakfast tips to help you kick off your day.

- **Start with water.** Begin your day with a tall glass of water to help you stay hydrated.
- **Fruits and vegetables.** Strive to eat fruits and vegetables daily. Fresh fruits are a simple breakfast basic that can add vitamins and fiber to your diet. Looking for ways to include vegetables at breakfast? Consider adding spinach to your omelet or blending carrots into your smoothie.



# Breakfast Burrito

🕒 Total: 10 m 🍴 Prep: 10 m 👤 Serves: 1

209 calories, 13 g fat, 283 mg sodium, 26 g carbohydrates, 6 g fiber, 11 g protein, 163 mg calcium, 2 mg iron, 465 mg potassium, 31 vitamin C

Start your day with a breakfast wrapped in a whole wheat tortilla! This protein-packed burrito uses spinach and tomatoes to help you get a tasty start to your routine.

## Ingredients

1 teaspoon olive oil	½ cup tomato, chopped
1 cup fresh spinach or kale	1 egg
¼ cup red onion, chopped	1 whole wheat tortilla

1. Heat oil in a small skillet. Saute onions, add spinach or kale and tomatoes. Cook until the onions are clear or the leaves are bright green.
2. In a bowl, whisk together one egg. Pour the egg into the skillet with the vegetables. Scramble together until cooked.
3. Spoon mixture into a whole wheat tortilla. Fold the bottom up, then fold the two sides toward the middle and then roll to create your burrito. Serve with fresh berries.

### Add a pop of flavor.

*Serve with this quick salsa: 3 medium tomatoes diced + ½ medium red onion, chopped + 1 small jalapeño, chopped (remove seeds) + juice from ½ of a lime + ½ cup cilantro, chopped. Pulse all ingredients in a food processor and chill before serving. Yum!*

# Avocado Toast

🕒 Total: 10 m 🍴 Prep: 10 m 👤 Serves: 2

281 calories, 17 g fat, 164 mg sodium, 29 g carbohydrates, 11 g fiber, 8 g protein, 60 mg calcium, 2 mg iron, 656 mg potassium, 14 mg vitamin C

“Avocado Toast” may sound trendy or expensive, but it is easy to make. Avocado has a mild taste and is a great way to add a fruit – yes, it’s a fruit – to your breakfast. Eggs are optional, but can add more protein.

## Ingredients

1 ripe avocado	2 slices of thick, multigrain bread (a nice crust is best)
1 teaspoon lime juice	
1 pinch cayenne pepper	Optional: 2 eggs the way you like them

1. Mash avocado in a bowl. Stir in lime juice and cayenne pepper.
2. If using eggs, make them the way you like them – poached (4 minutes in boiling water) or hard-boiled (6-7 minutes in boiling water).
3. Toast bread slices.
4. Spread avocado mixture onto toast. Top with egg if you choose. Enjoy!





# No-Cook Overnight Oatmeal

🕒 Total: 8 h 🥄 Prep: 5 m 👤 Serves: 1

499 calories, 14 g fat, 177 mg sodium, 108 g carbohydrates, 24 g fiber, 22 g protein, 631 mg calcium, 8 mg iron, 1080 mg potassium, 21 mg vitamin C

When you do not have time to cook in the morning, consider making a few mason jars full of this oatmeal for a grab-and-go breakfast. Play with the recipe by using your favorite berry or fruit, or even different spices.

## Ingredients

½ cup almond milk

⅓ cup rolled oats

1 tablespoon chia seeds

1 teaspoon vanilla

1 teaspoon ground cinnamon

½ cup fresh fruit (bananas, peaches, mango, strawberries or blueberries)

Optional: Drizzle of honey or 100% maple syrup

1. Place all ingredients in a mason jar, cover and shake until combined. Remove lid and fold in fruit. Replace the lid.
2. Refrigerate overnight. Enjoy in the morning.





# Shakshuka

🕒 Total: 30 m 🍴 Prep: 10 m 👤 Serves: 4

286 calories, 10 g fat, 788 mg sodium, 37 g carbohydrates, 6 g fiber, 13 g protein, 106 mg calcium, 3 mg iron, 780 mg potassium, 103 mg vitamin C

It is not only fun to say, but it is fun to eat, easy to make and filled with vegetables. This Middle Eastern dish is traditionally made with the eggs poached right in the tomato sauce, but you can cook your eggs as you like.

## Ingredients

1 tablespoon olive oil	1 can diced tomatoes, with or without green chilis
2 cloves garlic, minced	1 teaspoon paprika
1 onion, cut into 2 inch pieces	4 eggs
1 red bell pepper, cut into 2 inch pieces	4 slices whole-grain bread

1. In a skillet, heat olive oil and sauté garlic, onion and bell pepper (about 5 minutes). Add the canned tomatoes and paprika. Stir. Simmer for about 25 minutes.
2. Crack the first egg in a small bowl, then gently slip it into the tomato sauce. Repeat with the other eggs. Cook the eggs until the whites are firm and the yolks have thickened but are not hard (2-3 minutes).
3. If the tomato sauce gets dry, add a few tablespoons of water.
4. Serve in bowls with the eggs on top and whole-grain toast on the side.

*Try this dish with whole-grain toast to soak up the sauce.*

# Warm Quinoa & Berry Breakfast Bowl

🕒 Total: 20 m 🥄 Prep: 5 m 👤 Serves: 2

242 calories, 4 g fat, 401 mg sodium, 49 g carbohydrates, 4 g fiber, 4 g protein, 494 mg calcium, 2 mg iron, 497 mg potassium, 34 mg vitamin C

These whole-grain breakfast bowls can help fill you up. Quinoa can also serve as a gluten-free alternative to oatmeal or cereal.

## Ingredients

2 cups almond or oat milk  
1 cup uncooked quinoa  
1 cup fresh blueberries  
1 pinch of salt

Dash of cinnamon

Optional: Drizzle of 100% maple syrup, slivered almonds, bananas, dried cherries, pineapple, coconut or any topping you like. Get creative!

1. Heat milk to a slow boil in a small pot. Add quinoa and reduce heat to simmer. Cover and cook for about 15 minutes.
2. Stir in a pinch of salt and cinnamon. Cover and simmer until the quinoa absorbs the milk and you see the curly grains (about 4 more minutes).
3. Turn off the heat and stir in your blueberries. Enjoy or add more toppings as you please.





# Apple Cinnamon Breakfast Bowl

🕒 Total: 5 m 🥄 Prep: 5 m 👤 Serves: 1

474 calories, 23 g fat, 49 mg sodium, 60 g carbohydrates, 11 g fiber, 13 g protein, 173 mg calcium, 4 mg iron, 586 mg potassium, 7 mg vitamin C

## Ingredients

1/3 cup cooked quinoa (try red quinoa for color)

1/4 cup uncooked oatmeal

1/4 cup vanilla almond milk

2 tablespoons coconut milk yogurt

1/3 cup apple, thinly sliced

1 tablespoon pomegranate arils ("seeds")

1 tablespoon toasted pecans, crushed

Dash of cinnamon

Optional: Drizzle of honey or 100% maple syrup

1. Place oatmeal and almond milk in a small bowl. Stir and cook in a microwave, uncovered, for 1-2 minutes.
2. Top with cooked quinoa, coconut milk yogurt, sliced apples, pomegranate arils, toasted pecans and a dash of cinnamon. Drizzle with optional honey or 100% maple syrup. Enjoy.



# Sunny Oat Breakfast Poppers

🕒 Total: 10 m 🍲 Prep: 10 m 👤 Serves: 12 (three poppers each)

384 calories, 24 g fat, 101 mg sodium, 35 g carbohydrates, 5 g fiber, 12 g protein, 57 mg calcium, 4 mg iron, 381 mg potassium, 1 mg vitamin C

This is a fun breakfast that does not call for baking! It is nut free and gluten free, and the mixture can be rolled into balls you can “pop” into your mouth. Try it!

## Ingredients

2 cups old-fashioned rolled oats  
1 teaspoon ground cinnamon  
½ teaspoon sea salt  
¾ cup raw sunflower seeds  
1 ½ cups sunflower seed butter (or almond butter can be used instead)  
½ cup 100% pure maple syrup

Optional: You can get creative with other ingredients.

**Fruity:** Banana chips, chopped with dried berries (like blueberries, cherries or dried cranberries)

**Tropical:** Dried pineapple and coconut

**Thanksgiving:** Pumpkin seeds and dried apple

**Dark chocolate fix:** Dark chocolate chips (with or without dried fruit)

1. Mix all dry ingredients in a bowl.
2. Stir in sunflower butter and 100% maple syrup (honey would work as well). Add optional ingredients or keep the dough plain.
3. Roll into balls and enjoy! Store in the refrigerator for up to one week or in the freezer for up to 3 months.



# Soups

Soups are easy to eat in large or small portions. Many soups are filled with nutrients, and they can be great as leftover meals.



## **Save Time.**

*Soup vegetables (like onions, garlic and carrots) can be chopped when you have time and energy or bought pre-chopped and kept in the refrigerator. They can stay fresh in containers for 3-5 days so they will be ready for soup recipes! Most soups can be frozen and easily warmed for future meals.*

# Wolfgang Puck

Famed chef and restaurateur Wolfgang Puck began cooking as a child with his mother. He is now a world-renowned culinary phenomenon changing the way Americans cook. His book, "Wolfgang Puck Makes It Healthy," is for health-conscious eaters who wish to enjoy their meals.

*"For the finest, fullest flavor, buy the best ingredients, preferably organic vegetables, from your local farmers' market."*





# Ginger Carrot Soup

🕒 Total: 50 m 🍲 Prep: 15 m 👤 Serves: 6

151 calories, 7 g fat, 695 mg sodium, 23 g carbohydrates, 2 g fiber, 1 g protein, 29 mg calcium, 1 g iron, 265 mg potassium, 6 g vitamin C

This low-fat soup tastes especially rich, thanks to slowly cooking and then pureeing fresh carrots. Chef Wolfgang Puck loves the spicy-sweet flavor fresh ginger adds. Also, the salt balances the sweet carrots and honey in this recipe, but you can cut back on salt and honey to limit added sodium and sugar.

## Ingredients

3 tablespoons olive oil (or avocado oil)	½ teaspoon freshly ground white pepper
½ pound orange carrots cut crosswise into ¼ inch thick slices	½ teaspoon turmeric
½ pound yellow carrots (or another color), cut crosswise into ¼ inch thick slices	4 tablespoons honey
½ tablespoon minced garlic	7 cups homemade vegetable stock or good quality canned low-sodium vegetable broth (plus more as needed)
½ tablespoon minced fresh ginger	Juice of ⅓ lemon
1 tablespoon minced scallion, white part only (reserve green parts for garnish)	Optional: Top with green parts of scallions or pea tendrils

1. In a pot, heat the oil over medium-high heat. Add sliced carrots and sauté until they start to caramelize, 7 to 10 minutes. Stir in garlic, ginger and scallion whites. Keep mixing until they are glossy and fragrant but not browned, 1 to 2 minutes. Add salt, white pepper, turmeric and honey and sauté for 2 more minutes.
2. Add the stock and bring to a boil. Reduce heat to a steady simmer and cook until the carrots are tender, about 40 minutes.
3. Ladle small batches of soup into a food processor or blender to puree the ingredients or use an immersion blender. For a thinner soup with less fiber: strain it through a fine mesh strainer over a large bowl, pressing out solids. For a thicker soup with more fiber, skip this step.
4. Return the soup to the pot and stir in lemon juice. Stir in additional stock if the soup seems too thick. Taste and adjust the seasoning if necessary. Enjoy.

### Wolfgang's Tip:

*“Store individual portions of this soup in freezer containers to heat for a quick, healthy first course at dinner or to enjoy with crusty whole-grain bread and a salad for lunch.”*



# Garden Broccoli Soup

🕒 Total: 25 m 🍴 Prep: 25 m 👤 Serves: 6

191 calories, 8 g fat, 223 mg sodium, 24 g carbohydrates, 4 g fiber, 8 g protein, 213 mg calcium, 2 mg iron, 62 mg, 680 mg potassium, 65 mg vitamin C

This warm broccoli soup offers a creamy and comforting way to eat your vegetables. This healthier recipe has less fat and calories than the standard cheesy broccoli soup, but it still tastes great.

## Ingredients

½ cup onion, chopped	2 cups carrots, chopped
3 tablespoons butter + 1 tablespoon sunflower oil	2 cups unsweetened almond milk
5 tablespoons all-purpose flour	1 tablespoon fresh parsley, minced
5 cups chicken broth	1 teaspoon onion powder
4 cups fresh broccoli, chopped (about 1½ pounds)	½ teaspoon garlic powder
1 cup celery, chopped	Optional: Cheddar cheese to sprinkle on top

1. Boil broth in a pot. Add broccoli, carrots and celery to the pot and soften the vegetables, about 5 minutes.
2. In a saucepan on medium heat, sauté the onion in butter and oil until it is soft. Stir in flour to form a smooth paste called a roux, about 1 minute. Slowly add large spoonfuls of broth into the roux and whisk together.
3. Pour the roux into the broth with vegetables. Add almond milk, parsley, onion powder and garlic powder. Cook for 15 more minutes to blend flavors. Ladle into bowls and top with cheese.



*The best way to freeze soups, beans, broth and other liquid foods is in freezer bags. It is easy to store and makes thawing quicker.*



# Thai Spiced Lentil Soup

🕒 Total: 5 h 🍲 Prep: 20 m 👤 Serves: 6

217 calories, 7g fat, 513 mg sodium, 29g carbohydrates, 6 g fiber, 10 g protein, 73 mg calcium, 4 mg iron, 635 mg potassium, 29 mg vitamin C

This easy Thai- and Moroccan-inspired meal has mouthwatering flavors and can be made in a slow cooker. It is mild (even with all the spices) and is a wonderful and hearty meal.

## Ingredients

2 cups onions, chopped	½ teaspoon ground cinnamon
2 cups carrots, chopped	¼ teaspoon ground black pepper
3 cups cauliflower, chopped	1¾ cups green lentils or brown lentils
4 cloves garlic, minced	1 (28-ounce) can low-salt diced tomatoes
2 teaspoons extra-virgin olive oil	6 cups vegetable broth (or chicken broth)
1 tablespoon curry powder	1 can light coconut milk
1½ teaspoon ground cumin	4 cups chopped fresh spinach or 10 ounces frozen chopped spinach, thawed
1½ teaspoon ground turmeric	

### In a slow cooker:

1. In the base of a slow cooker, mix onions, carrots, cauliflower, lentils, garlic, oil, cumin, curry powder, turmeric, cinnamon and pepper. Add broth and tomatoes and stir until blended.
2. Cover and cook until the lentils are tender (4 to 5 hours on high or 8 to 10 hours on Low).
3. Add spinach and coconut milk to the slow cooker. Stir, cover and cook on high for 30 more minutes.

### On the stove:

1. In the bottom of the soup pot, add olive oil and sauté onions, carrots and garlic. After 3-4 minutes add tomatoes, spices, lentils and broth.
2. Cover the pot and cook for about 30 minutes or longer to cook the lentils and blend the flavors. Add water if needed.
3. Add spinach and coconut milk; stir well and cook for 30 more minutes. Serve.

# Sweet & Savory Gazpacho!

Gazpacho is a chilled, “what you are in the mood for,” kind of soup. It can offer sweet or savory flavors and is a tasty way to eat more fruits and vegetables. We suggest two versions here, but you can try many variations – be creative!

## Lovely Watermelon Gazpacho

🕒 Total: 80 m 🥄 Prep: 20 m 👤 Serves: 6

118 calories, 5 g fat, 8 mg sodium, 18 g carbohydrates, 2 g fiber, 2 g protein, 34 mg calcium, 1 mg iron, 362 potassium, 54 mg vitamin C

This slightly sweet recipe offers a refreshing way to please your taste buds.

### Ingredients

8 cups seedless watermelon (about ½ of a medium-large fruit)

1 medium cucumber, peeled, seeded, cut into small pieces

½ red or yellow bell pepper, seeded and finely diced

½ cup fresh basil, chopped

½ cup fresh flat leaf parsley, chopped

2-3 tablespoons shallot, minced

6 tablespoons of red wine vinegar

2 tablespoons olive oil

Optional: Serve with fresh lime and finely chopped jalapeño for a striking flavor





# Savory Spanish Gazpacho

🕒 Total: 80 m   🍴 Prep: 15 m   👤 Servings: 6

126 calories, 9 g fat, 59 mg sodium, 10 g carbohydrates, 2 g fiber, 2 g protein, 34 mg calcium, 1 mg iron, 416 mg potassium, 82 mg vitamin C

Spain is famous for its gazpacho! This savory soup is easy to prepare and is packed with vegetables.

## Ingredients

- |   |   |
|---|---|
| 1 can of low-sodium tomato or vegetable juice     | 1 carrot, peeled and cut in ½ inch chunks                 |
| 2 medium tomatoes, cut in half                    | ¼ cup olive oil   |
| 1 large cucumber, cut in half                     | ¼ cup red wine vinegar                                    |
| 1 bell pepper (any color), seeded and cut in half | 2 cloves garlic, peeled and crushed                       |
| 3 stalks of celery                                | 2-4 tablespoons fresh basil and oregano, chopped          |
| ½ medium onion, chopped                           | Optional: Croutons, juice of ½ a lemon, dash of hot sauce |

1. Dice all ingredients in a food processor.
2. Remove half of the ingredients, set aside.
3. Blend remaining ingredients to puree.
4. Combine diced and blended ingredients together.
5. Chill at least 1 hour before serving. It can stay in the refrigerator for 3-5 days.
6. Enjoy cold as a chilled soup.



# Mary Nolan

Chef Mary Nolan is a recipe developer, cooking instructor, host and enthusiastic eater. She is currently the Executive Chef at *Bon Appétit* magazine.

*“You eat with all of your senses. Recipes curated by color will look beautiful and help you enrich your meals.”*





# Turkey Sausage Soup

🕒 Total: 35 m 🍲 Prep: 20 m 👤 Serves: 8

268 calories, 13 g fat, 676 mg sodium, 19 g carbohydrates, 4 g fiber, 20 g protein, 59 mg calcium, 638 mg potassium, 2 mg iron, 12 mg vitamin C

This comforting, nourishing soup recipe, courtesy of Chef Mary Nolan, has a mix of protein, vegetables and love. It can be made in advance and stored in the fridge to enjoy for up to 5 days later.

## Ingredients

3 tablespoons olive oil, divided	¼ teaspoon freshly ground black pepper, plus more if desired
1 pound Italian turkey sausage	8 cups (2 quarts) low-sodium chicken broth
1 medium onion, diced (about 1½ cups)	1 (14.5 ounces) can petite diced tomatoes
3 medium carrots, diced	1 cup uncooked ditalini pasta
2 celery ribs, diced	1 cup kale, ribs removed, finely chopped (or spinach)
3 cloves garlic, minced	Freshly grated Parmesan cheese to sprinkle on top of each serving
½ teaspoon dried oregano	
½ teaspoon kosher salt, plus more if desired	

1. Heat one tablespoon of olive oil in a large Dutch oven and cook the turkey sausage over medium heat, breaking it up with a wooden spoon until it is browned, about 5 minutes.
2. Add remaining 2 tablespoons olive oil and reduce heat to medium-low. Add onion, carrot and celery and cook until onions are translucent and carrot and celery are bright and somewhat softened, about 10 minutes. Add garlic and cook 1 minute longer.
3. Return turkey sausage and any juices to the pot and add oregano, crushing between fingers to release aroma. Season with salt and pepper.
4. Add chicken broth and tomatoes and bring to a simmer. Stir in pasta and cook 10 minutes. Stir in kale and cook 5 minutes longer.
5. Check seasoning and add more salt and black pepper, if desired. Ladle into bowls and top with cheese.



immer lauter heller  
wenn wir zusammen

# Main Meals

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There are many creative ways to eat protein-rich meals. Consider using lentils, fish, beans, nuts, seeds, eggs, tofu and vegetables!

## Creative ways to add nutrition to your meals:

- **Whole grains rule.** Replace white rice or pasta with tasty whole grains. Try amaranth, barley, farro, freekeh, millet or quinoa. Most are cooked like rice: 1 cup grain to 2 cups water (or stock).
- **Seafood dishes.** There are many types of fish worth trying. Try arctic char, sardines, cod, flounder, tuna or tilapia. Enjoy shrimp, mussels and other shellfish to have more meal choices.
- **Sip water.** Drink a glass of water before and after your meal to stay hydrated. Your kidneys and urological system will value the fresh water.
- **Plan ahead.** To make cooking fresh easier, pre-chop vegetables or buy pre-chopped varieties.
- **Spice it up.** Turn your saltshaker into an herb shaker. Options found in the spice aisle like salt substitutes, cumin, turmeric and cayenne may help boost flavor.



# Shrimp Scampi with Chickpea Pasta

🕒 Total: 20 m 🍴 Prep: 25 m 👤 Serves: 4

304 calories, 14 g fat, 336 mg sodium, 18 g carbohydrates, 5 g fiber, 29 g protein, 108 mg calcium, 2 mg iron, 521 mg potassium, 5 mg vitamin C

This quick and easy shrimp scampi is full of flavor and takes less than 30 minutes to cook. If chickpea pasta is not available, try whole wheat pasta or brown rice.

## Ingredients

1 pound raw shrimp, peeled and deveined

2 tablespoons olive oil

½ teaspoon red pepper flakes

1 pinch of sea salt

4 garlic cloves, minced

½ cup fresh cilantro, chopped

¼ cup chicken stock

¼ cup white wine (can substitute with stock)

2 tablespoons lime juice, freshly squeezed

1 eight-ounce box of chickpea spaghetti (or whole wheat pasta)

1. Boil water to cook the pasta as stated on the package. Drain.
2. In a large skillet, heat oil. Add shrimp. Sprinkle a pinch of salt and red pepper and mix to cook shrimp for about 3-4 minutes or until shrimp is pink.
3. Add garlic, cilantro, chicken stock, white wine and lime juice to the shrimp. Heat for about 1 minute, then remove shrimp from the skillet.
4. Add the pasta to the skillet with sauce. Mix to coat and heat and then add the shrimp on top of the pasta. Enjoy!

# Paul Wahlberg

Chef Paul Wahlberg is most widely known for his international restaurant group “Wahlburgers,” which he started with his well-known brothers Mark & Donnie, and where he shares some of their favorite childhood recipes with guests. It’s his restaurant Alma Nove named after the Wahlberg family matriarch, Alma, and her nine (nove) children, where he gets to share his love for fresh-off-the-boat seafood.

*“I love that health and sustainability are connected to our local farmers and local foods.”*



## Pan Seared Salmon, Braised Leeks with Carrot & Walnut Pesto

⌚ Total: 50 m   🍴 Prep: 15 m   👤 Serves: 2

742 calories, 42 g fat, 410 mg sodium, 24 g carbohydrates, 4 g fiber, 69 g protein, 10 mg calcium, 6 mg iron, 14 g vitamin A, 186 mg vitamin C

This salmon recipe is a favorite of Chef Paul’s, with mildly sweet leeks and a bounty of omega-3 fatty acids plus anti-inflammatory vitamins like A, C and K. It is topped with a creamy vegan pesto made from carrots, walnuts, cilantro, lime and garlic. Though it is easy to make, the combination of flavors will make you feel like a professional chef.

### Ingredients

#### Salmon

2 skinless salmon filets (about 5 ounces each and 1 inch thick)

Salt and pepper to taste

Drizzle of canola oil

Arugula leaves for topping

## Leeks

3 cups leek bottoms, washed and sliced  
1 tablespoon butter  
3 ounces vegetable stock  
Pepper to taste  
1 fresh lemon, halved

## Vegan Walnut Pesto

½ cup toasted walnut halves or pieces  
½ tablespoon lemon zest

### To make the pesto:

Preheat the oven to 350°F.

1. Start by roasting the carrots in the oven at 350°F, tossed on a flat cookie sheet with olive oil, cumin, salt and pepper. Roast for 10-20 minutes or until tender. Remove and cool.
2. In a blender – add the roasted carrots, garlic, cilantro, lemon zest, ¼ cup walnuts and water. Blend on medium-high, then puree on high while adding a slow and steady stream of olive oil. Season with salt and pepper and slowly add the cider vinegar (taste as you go and add more or less to get a nice level of acidity).

### To make the leeks:

1. Prepare the leeks while carrots are roasting.
2. Preheat a large skillet or sauté pan with medium-high heat. Add the butter, then sauté the leeks while continuously moving them for 10 minutes. Add vegetable stock and pepper, plus a squeeze of fresh lemon juice. Cook until liquid is observed.

4 cups carrots, peeled and chopped  
½ tablespoon ground cumin  
1 tablespoon garlic, chopped  
1 tablespoon fresh cilantro, chopped  
1 cup extra virgin olive oil  
Salt and pepper to taste  
¼ cup water  
2 teaspoon cider vinegar

### To make the salmon:

1. Preheat a skillet or sauté pan with medium-high heat; add the canola oil.
2. Season the salmon with a dash of salt and pepper. Put it flesh-side down in the skillet to sear for 4 minutes. Flip it over, turn heat to low-medium and cook for another 4 ½ minutes. Turn the stove off and let the fish sit for 2-3 min.
3. To serve, take a plate, pile half of the leeks in the center, top with one portion of salmon and then top with a tablespoon of the pesto. Top with a few arugula leaves tossed in a touch of olive oil and a squeeze of lemon juice. Enjoy.





# Chicken Parm with Spaghetti Squash

🕒 Total: 45 m 🍴 Prep: 20 m 👤 Serves: 4

661 calories, 35 g fat, 1214 mg sodium, 32 g carbohydrates, 5 g fiber, 54 g protein, 374 mg calcium, 3 mg iron, 1004 mg potassium, 5 mg vitamin C

This tasty twist on a family favorite is easy to make and fun to eat. Not sure about spaghetti squash? Try mixing in some whole wheat pasta.

## Ingredients

½ cup olive oil (some for chicken, some for spaghetti squash)

2 boneless, skinless chicken breasts cut into 8 thin strips and pounded

¾ cup Italian style breadcrumbs

1 egg, beaten

1 ½ cups marinara sauce

1 cup shredded cheese (a mix of mozzarella and Parmesan is great)

1 medium spaghetti squash (or any type of spiralized vegetable)

Optional: 2 tablespoons chopped fresh parsley leaves, salt and freshly ground black pepper, to taste

Preheat the oven to 400°F.

1. Lightly oil a baking sheet or coat with nonstick cooking spray.
2. Cut the squash in half lengthwise and scrape out the seeds. Drizzle with olive oil and season with a pinch of salt and black pepper. Place squash, cut-side down, on the oiled baking dish. Roast in the oven until tender, about 30-40 minutes. Remove and let it rest until it is cool enough to handle.
3. Meanwhile, make the chicken cutlets. Slice the chicken into 8 thin pieces (4 per breast) and pound the chicken. Heat a skillet with olive oil and let it warm on medium heat.
4. Use two large bowls: one for breadcrumbs, one for egg. Dip the chicken into the egg, then into the breadcrumbs, one piece at a time. Place the breaded chicken into the hot skillet and cook until golden, about 3 to 4 minutes. Move to a plate lined with a paper towel.
5. Use a fork to gently scrape the squash to make “spaghetti.” Line the bottom of an oven-safe baking dish with the spaghetti squash. Top the squash with marinara sauce, then slices of chicken and top with cheese.
6. Place into oven. Cook until melted and golden brown, about 2 minutes.
7. Sprinkle with optional parsley. Serve hot.

# Spencer Gomez

Atlanta's Chef Spencer Gomez is a rising star and is proud to feature carefully sourced and crafted comfort foods with a modern edge. His dishes highlight his warm, generous heart and deep ties to North Georgia farmers, farmers' markets and goals for sustainability.

*"There is so much you can do with fresh farmers' market produce. Even the 'scraps' can be made into something exceptional."*



# Tomato & Melon Ceviche

🕒 Total: 1 h 🍴 Prep: 15 m 👤 Serves: 4

218 calories, 15 g fat, 44 mg sodium, 23 g carbohydrates, 7 g fiber, 4 g protein, 56 mg calcium, 929 mg potassium, 1 mg iron, 69 mg vitamin C

Ceviche is traditionally made with raw fish marinated in a lemon or lime juice mixture. This creative sweet and spicy vegetable version can be served as a nutritious and versatile main meal. Pair it with mild leafy greens like baby spinach or Bibb lettuce and enjoy with crisp tortilla chips, pita bread or plain crackers.

## Ingredients

2 large cucumbers of choice (we used one lemon cucumber and one large green cucumber)

½ pint tomatoes, charred on grill and split. Cooled

½ small melon of choice (preferably seedless)

1 jalapeño, seeded and diced very small

1 ripe avocado, diced

½ red onion, shaved on mandolin

1 teaspoon ancho chili powder with cumin (preferably a blend of spicy and mild summer peppers)

1 bunch cilantro, chopped

1 cup lime juice

2 tablespoons olive oil

Salt and pepper

1. Dice cucumbers. Combine with lime juice and olive oil. Let sit for one hour.
2. Char tomatoes on grill and allow time to cool. Split with sharp knife and mix with cucumbers.
3. Dice melon and add it to the mix.
4. Seed and dice jalapeño very small and add to mix.
5. Dice avocado, add to mix and stir until the mix begins to thicken.
6. Shave red onion on mandolin (the thinner the better).
7. Add remaining ingredients. Then add salt and black pepper to taste.



# Garlic Parmesan Flounder with Asparagus

🕒 Total: 25 m 🍴 Prep: 10 m 👤 Serves: 4

302 calories, 19 g fat, 858 mg sodium, 8 g carbohydrates, 3 g fiber, 27 g protein, 180 mg calcium, 3 mg iron, 543 mg potassium, 10 mg vitamin C

This one-pan meal combines flounder, asparagus, garlic and a Parmesan topping for a meal that looks as good as it tastes! If you want to add more fish into your food plan, try this simple dish.

## Ingredients

4 flounder fillets (about 6 ounces each)	¼ teaspoon black pepper, cracked
1 pound asparagus	6 cloves garlic, minced
3 tablespoons olive oil	½ cup Parmesan cheese, shredded
¼ teaspoon salt	2 tablespoons fresh parsley, chopped

Preheat the oven to 400°F.

1. Line a baking sheet with parchment paper.
2. Place flounder fillets in the middle of the baking sheet and asparagus around it.
3. Brush fish and asparagus with olive oil. Sprinkle with salt and cracked black pepper.
4. Spread minced garlic on top and top with shredded Parmesan cheese.
5. Bake for about 15 minutes or until flounder is cooked through and flaky.
6. Sprinkle with freshly chopped parsley and serve.



# Sides

Even small changes in the way you eat and snack can make a difference. Below are some tips and recipes that may help spark your own ideas on spicing up your sides!

- **Pass the pasta.** Standard pasta can be replaced with more healthy choices, like whole wheat pasta, which includes fiber. Try using zucchini, carrots or beets peeled with a spiralizer for great vegetable noodles.
- **Salad dips.** Order your salad dressing on the side. Instead of pouring it on your salad, dip your fork in dressing before taking a bite, adding flavor with a fraction of the calories and sodium.
- **Change the chips.** Try homemade okra chips instead of potato chips. To make:
  - ✓ Cut okra in half, lengthwise, place in a single layer on a baking sheet.
  - ✓ Spray okra with oil spray and sprinkle with a no-salt seasoning.
  - ✓ Bake for 40 minutes at 425°F or until crispy, stirring once.
  - ✓ Enjoy plain or with salsa.
- **Wise fries.** Replace your beloved French-fried potatoes with carrot or parsnip sticks. To make:
  - ✓ Slice carrots into thin sticks.
  - ✓ Coat carrots with olive oil and pepper.
  - ✓ Bake for 20 minutes at 425°F or until browned, stirring once.
  - ✓ Before serving, toss with a pinch of low-salt seasoning.

*Any salad can be spruced up with fresh fruit like cut grapes, apples, strawberries, nuts or seeds.*





# Painted Salad with Walnuts

🕒 Total: 15 m 🥄 Prep: 15 m 👤 Serves: 6

215 calories, 9 g fat, 300 mg sodium, 15 g carbohydrates, 4 g fiber, 7 g protein, 150 mg calcium, 2 mg iron, 524 mg potassium, 26 mg vitamin C

Paint your plate with this colorful salad, which is fresh, light and filled with fruits and vegetables. It is even tasty without dressing!

## Ingredients

2 bags of pre-washed mixed salad greens (about 14 cups)

½ cup strawberries, sliced

½ cup blueberries

½ cup unsweetened mandarin oranges, drained (or fresh orange pieces)

½ cup whole walnuts or walnut pieces

½ cup gorgonzola cheese (for a milder cheese choice, try Chevre)

### Honey Balsamic Dressing:

¼ cup balsamic vinegar

1 tablespoon low sodium soy sauce

1 ½ tablespoons Dijon mustard

1 tablespoon honey

3 tablespoons low-fat Greek yogurt

½ tablespoon olive oil

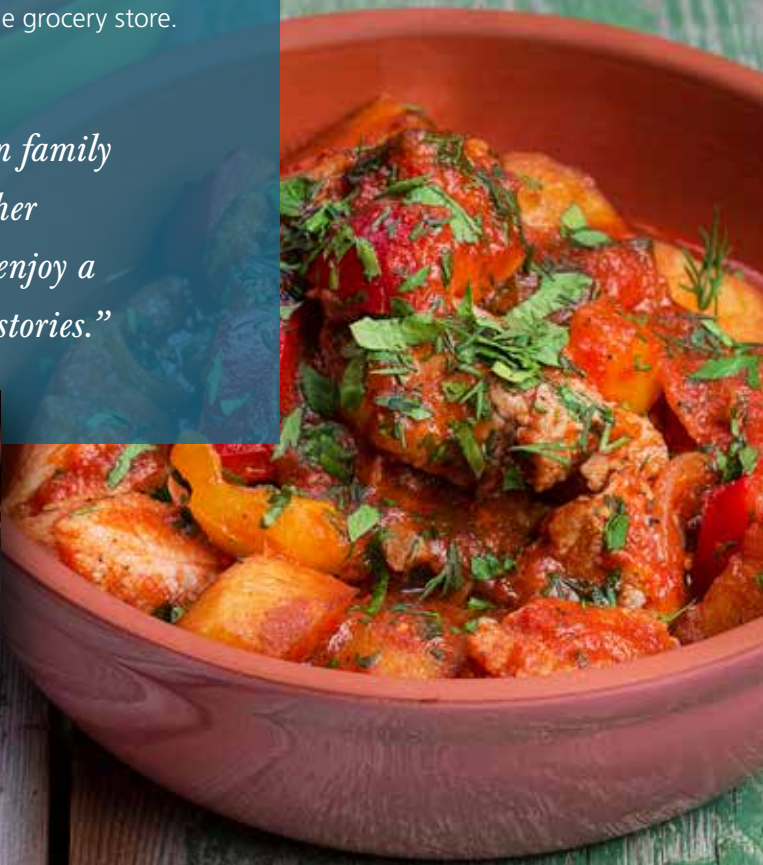
Preheat the oven to 350°F.

1. Start by toasting walnuts. Spread the walnuts onto baking pan and bake for 12-14 minutes. Stir halfway through. Cool to make the walnuts crunchy.
2. In a small bowl, make the dressing. Mix all dressing ingredients until blended.
3. In a large bowl, mix all ingredients. Start with the greens and mix in about 1-2 tablespoons of dressing. Then add fruit, cheese and toasted walnuts. Enjoy.

# Frank Pellegrino Jr.

For generations, Rao's has been one of New York City's most exclusive and iconic restaurants (now also in LA and Las Vegas). The authentic Italian recipes that restaurateur Frank Pellegrino Jr. uses were passed down from his great grandmother, to his aunt, to his father to him, and tweaked over time to please his guests. You may have seen Rao's tomato sauces in the grocery store.

*"Magic is made when family and friends can gather around the table to enjoy a meal and share life stories."*



# Vegetable Chhiampotta

🕒 Total: 50 m 🥄 Prep: 20 m 👤 Serves: 6

206 calories, 10 g fat, 278 mg sodium, 29 g carbohydrates, 8 g fiber, 5 g protein, 105 mg calcium, 3 mg iron, 978 mg potassium, 34 mg vitamin C

This traditional combination of common vegetables creates a hearty, nutritious and versatile dish. This particular recipe was the favorite of one of Frank's dear friends while he was undergoing chemotherapy. Frank's friend said this dish helped him feel better throughout his treatment.

## Ingredients

¼ cup olive oil	1 green bell pepper, seeded and cut into 1-inch strips
1 potato, peeled and cut into eighths	1 small eggplant, peeled and cut into 1-inch cubes
1 onion, peeled and sliced ¼ inch	1 garlic clove, peeled and minced
1 28-ounce can imported Italian plum tomatoes, hand crushed with the juice	Salt and pepper to taste
OR 1 32-ounce jar of Rao's Homemade Garden Vegetable Marinara Sauce	1 pinch of oregano
¼ cup vegetable stock	2-3 fresh basil leaves
1 zucchini, peeled and cut into 1-inch slices	

1. Heat the olive oil in a stockpot or skillet over medium heat.
2. Add the potato and onion. Sauté until the onion softens, about 5 minutes.
3. Add the tomatoes or Rao's Homemade Vegetable Garden Marinara Sauce and vegetable stock. Stir until water and tomatoes form a blended consistency. Once blended, add remainder of ingredients, except the basil.
4. Bring the vegetables to a boil, cover the pot, and reduce the heat to a simmer. Cook for 30 to 40 minutes, until tender. Add the basil and stir. Place in a serving bowl and serve hot.

### Frank's Tip:

*If you need to pack on some calories, prepare this sauce for your favorite pasta. OR add an additional cup of vegetable stock to create a very hearty and easy-to-swallow soup.*



# Sautéed Spinach Nut Salad

🕒 Total: 15 m 🍴 Prep: 15 m 👤 Serves: 4

204 calories, 18 g fat, 44 mg sodium, 11 g carbohydrates, 2 g fiber, 4 g protein, 68 mg calcium, 2 mg iron, 436 mg potassium, 17 mg vitamin C

Don't feel like eating a cold and crunchy salad? Try this sautéed spinach salad as a warm side. The pine nuts add a little crunch and the raisins add a bit of sweetness. Enjoy!

## Ingredients

6 tablespoons of golden or dark raisins	8 garlic cloves, crushed
1 bag of fresh spinach, rinsed and chopped	5 tablespoons pine nuts
3 tablespoons olive oil	Sea salt and black pepper to taste

1. Place the raisins in a small bowl, add very hot water to cover and soak until soft, about 10 minutes.
2. Drain well and pat dry with paper towels, then set aside.
3. Heat olive oil in a large skillet over low heat. Add the garlic, pine nuts and soaked raisins. Sauté until the nuts and garlic are light golden, about 3 minutes.
4. Add the chopped spinach and cook for 3 more minutes to soften the spinach and blend flavors.
5. Season with a pinch of salt and pepper. Serve.

# Michael Lomonaco

As a successful Food Network star and legendary New York restaurateur, Chef Michael Lomonaco is driven to excite and please his guests. This recipe is a wonderful and nutritious side to pair with main dishes such as roasted chicken or fish.

*“You’ve gotta’ have fun in the kitchen! When you enjoy the process, the food you make will be magnificent.”*



# Roasted Brussels Sprouts & Sundried Tomato

🕒 Total: 35 m 🍴 Prep: 15 m 👤 Serves: 4

227 calories, 16 g fat, 80 mg sodium, 20 g carbohydrates, 8 g fiber, 7 g protein, 85 mg calcium, 3 mg iron, 901 mg potassium, 161 mg vitamin C

Roasting this vegetable brings out a deep flavor for a filling side dish that's fun to make. This method will caramelize the Brussels sprouts, transforming them from bright green to a rich, brown color with a nutty flavor.

## Ingredients

1 ½ pounds Brussels sprouts, outer leaves removed, bottoms trimmed, cut in half

4 tablespoons olive oil

2 tablespoons finely chopped shallots

½ cup chopped sundried tomato

2 tablespoons fresh thyme or other herbs

Pinch of salt and freshly ground pepper

1. Blanch the Brussels sprouts in a pot with 2 quarts of boiling, salted water for 2 minutes.
2. Drain, refresh in cold water and blot dry for roasting.
3. In a large roasting pan, heat the olive oil in the oven for 1 minute. Add the shallots, sundried tomato and the Brussels sprouts and return to the oven to roast at 375°F for 25 minutes.
4. Add the herbs and season with salt and pepper before serving.





# Split Pea Hummus

🕒 Total: 40 m 🥄 Prep: 10 m 👤 Serves: 14

51 calories, 4 g fat, 116 mg sodium, 3 g carbohydrates, 1 g fiber, 1 g protein, 3 mg calcium, <1 mg iron, 53 mg potassium, <1 mg vitamin C

Hummus is traditionally made with chickpeas, but split peas are a dried vegetable that can be used for a tasty new twist. You can serve it as a dip or as a spread on a sandwich. This filling version of hummus can be kept in the refrigerator for 5-7 days.

## Ingredients

1 cup dried green split peas	¼ cup olive oil
1 garlic clove	1 tablespoon lemon juice
½ teaspoon salt (¼ teaspoon used to cook peas, ¼ teaspoon used in blender)	¼ teaspoon ground cumin

1. Rinse the peas and remove any debris or small stones.
2. Bring garlic and 3 cups water to a boil in a medium saucepan. Add peas. Simmer for 25 minutes.
3. Stir in ¼ teaspoon salt and cook for an extra 15 minutes or until tender. Drain.
4. In a blender or food processor, mix peas, olive oil, lemon juice, cumin and the rest of the salt. Blend until smooth, stopping to scrape down sides as needed. Serve at room temperature with pita chips and cut vegetables like carrots, cucumbers or peppers.

*To make traditional hummus, just switch the split peas to chickpeas. Use low-sodium canned and rinsed chickpeas for quick preparation.*

# Adam Perry Lang

While Chef Adam Perry Lang has rewritten the rules of grilling, dry-aging, cooking and consuming meat, he has also reinterpreted hyper-seasonal, produce-driven dishes to complement the famous meats at his popular restaurants.

*“Don’t underestimate the power of the delicious, seasonal vegetables on your plate to make everything else taste better.”*



# APL Restaurant's Baby Kale Salad

🕒 Total: 15 m 🍴 Prep: 15 m 👤 Serves: 6

499 calories, 42 g fat, 751 mg sodium, 21 g carbohydrates, 6 g fiber, 15 g protein, 284 mg calcium, 2 mg iron, 626 mg potassium, 95 mg vitamin C

Even as a meat lover, Chef Adam Perry Lang knows antioxidant-rich kale tastes great when it is massaged with oil and served with a sweet and savory blend of apples, nuts, Parmesan cheese and lemon vinaigrette.

## Ingredients

1 bag of baby Lacinato kale (about 16 ounces)

1 cup Parmesan cheese, finely grated

1 cup peanuts

1 watermelon radish

1 Granny Smith apple

3 tablespoons extra-virgin olive oil

### Lemon Vinaigrette

1 tablespoon Dijon mustard

1½ teaspoon honey

2 cloves of garlic

1 teaspoon salt

Juice from 1 large lemon + lemon zest

1 tablespoon of natural sweetener

½ cup grapeseed oil

Preheat the oven to 325°F.

1. Roast peanuts on a sheet tray, stirring them and rotating the tray every 5 minutes until the peanuts are golden brown.
2. Shave watermelon radish into thin rounds with a sharp knife or Japanese mandolin.
3. Peel and dice medium-size pieces of the Granny Smith apple.
4. Finely grate Parmesan cheese.
5. Mix together ingredients for the lemon vinaigrette. Blend everything except the oil until smooth, then use a blender or hand mixer to emulsify in the grapeseed oil.
6. Gently massage olive oil into the baby Lacinato kale. Add in radish, apple, Parmesan and lemon vinaigrette. Toss the salad. Adjust seasoning as needed. Plate and top with peanuts and more Parmesan to taste.



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