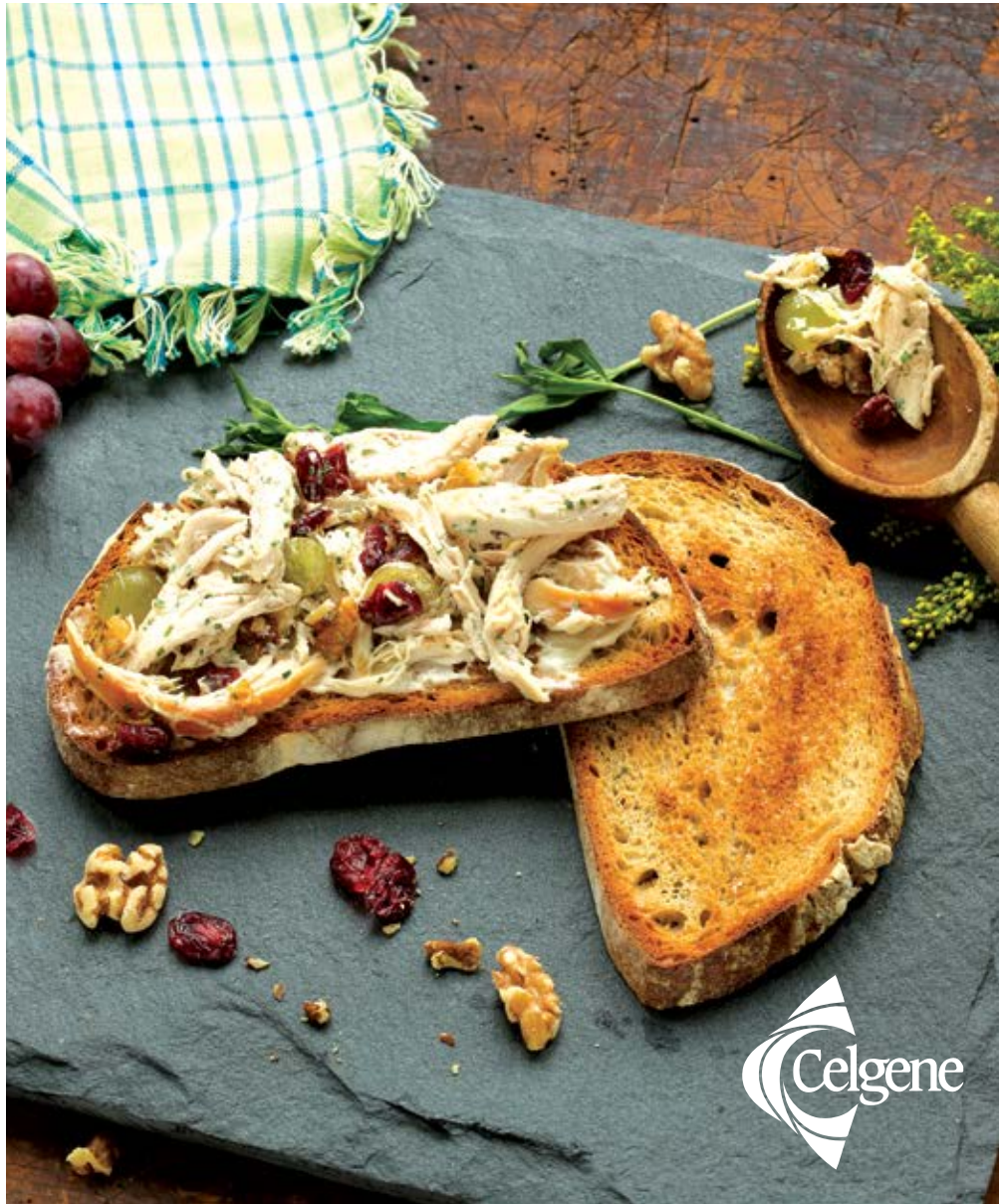


RECIPES & NUTRITION TIPS FOR PANCREATIC CANCER





COOKING. COMFORT. CARE.
Nourishment for the Pancreatic Cancer Fight
Recipes and Nutrition Tips for Pancreatic Cancer

Published by



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THIS COOKBOOK IS DEDICATED TO PEOPLE
DIAGNOSED WITH PANCREATIC CANCER AS WELL
AS THEIR CAREGIVERS, FAMILY AND FRIENDS.

We at Celgene are committed to leading the fight against pancreatic cancer through outreach, collaboration and education. Celgene has created this educational program – **Cooking. Comfort. Care. Nourishment for the Pancreatic Cancer Fight** – to help address nutritional challenges associated with pancreatic cancer. This is just one step to address the needs of those impacted by pancreatic cancer. We continue to focus on our mission to put patients first.

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PREFACE

Cooking. Comfort. Care. Nourishment for the Pancreatic Cancer Fight is an educational and awareness program that addresses some of the specific nutritional issues faced by people with pancreatic cancer. The program provides cooking tips, recipes with variety and flavor, and practical resources. The program was created by Celgene Corporation in collaboration with the Pancreatic Cancer Action Network and Meals to Heal.

The recipes and tips featured in the **Cooking. Comfort. Care. Nourishment for the Pancreatic Cancer Fight: Recipes and Nutrition Tips for Pancreatic Cancer** cookbook were developed by registered dietitians who are board-certified specialists in oncology nutrition affiliated with the Pancreatic Cancer Action Network and at Meals to Heal, along with an accomplished chef. The contents are for informational purposes only and are not intended to be a substitute for professional medical advice, diagnosis or treatment. Talk to your healthcare team for nutritional advice or specific questions you have about managing your condition or that of a loved one.

For more information, visit:

NavigatePanC.com for more recipes and tips

[YouTube.com/Celgene](https://www.youtube.com/Celgene) for cooking videos

[Pinterest.com/Celgene](https://www.pinterest.com/Celgene) for recipes and tips

Download **“Cook 4 PC”** App
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About Celgene

Celgene is a global biopharmaceutical company headquartered in Summit, New Jersey committed to improving the lives of patients worldwide. At Celgene, we seek to deliver truly innovative and life-changing treatments for our patients.

For more information, please visit www.celgene.com.

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INTRO

The diagnosis of pancreatic cancer, at any stage, may create challenges in a person's diet and change nutritional needs. Getting enough nutrients and managing loss of appetite and problems with digestion are just some of the issues people with pancreatic cancer face. To help with these issues, the *Cooking. Comfort. Care. Nourishment for Pancreatic Cancer Fight Cookbook* aims to provide people living with pancreatic cancer and their caregivers with a wide range of flavorful recipes – including recipes for breakfast, lunch, dinner, appetizers, sides, desserts and beverages as well as holiday and seasonal tips – to make preparing healthy, and memorable dishes for any meal of the day easier.

All of the recipes and tips were designed by registered dietitians who are board-certified specialists in oncology nutrition affiliated with the Pancreatic Cancer Action Network and Meals to Heal, along with an accomplished chef.

NUTRITION TIPS



FOOD IDEAS FOR FRIENDS & FAMILY OF PEOPLE WITH PANCREATIC CANCER

- Provide specific ideas about what sounds good to you. Every bite counts!
- Provide a list of your dietary restrictions so that friends and family do not unintentionally bring foods that may aggravate your symptoms.
- You also can experiment with new foods during this time; some people find that new foods become their favorites.
- Sometimes your favorite standbys can be the best and most appetizing things to eat. Consider providing family and friends with your special recipes.
- Have family or friends help you make a shopping list and have them do the shopping.

Note:

These tips are for informational purposes only. They are not intended to be a substitute for professional medical advice, diagnosis, or treatment. Talk to your healthcare team for nutritional advice or to ask specific questions you have about managing your condition or that of a loved one.

“FLAVOR FIXES” FOR PEOPLE WITH PANCREATIC CANCER

THE ISSUE

QUICK FIX

Red meats taste strange

Substitute other proteins such as chicken, turkey, fish, eggs, dairy, beans, or tofu.

Lack of taste, “cardboard”

Season foods with tart flavors, such as lemon, citrus, vinegar, or pickled foods.

Metallic taste

Avoid using metal utensils; use plastic utensils instead. Add extra flavor to foods with spices such as onion, garlic, chili powder, basil, oregano, rosemary, tarragon, barbecue sauce, mustard, ketchup, or mint.

Salty, bitter or sour taste

Try adding sweetening agents such as sugar, maple syrup, or honey to help enhance the taste.

Sweet taste

Add six drops of lemon or lime juice or until sweet taste is muted.



GENERAL RECIPE SUBSTITUTIONS FOR PEOPLE WITH PANCREATIC CANCER

If you can't tolerate fat due to fat malabsorption, choose non-fat or low-fat dairy products, decrease the amount of oil used and avoid adding nuts. Two egg whites may be substituted for one egg.

If you can't tolerate lactose in your diet due to gas, bloating or diarrhea associated with dairy consumption, substitute with lactose-free milk or soy, rice, or almond milk.

If you have diabetes or elevated blood sugar, you may reduce the amount of sugar in the recipe or ask your healthcare team for a recommended sugar substitute.

If you are intolerant to gluten, gluten-free flour can easily be substituted in any recipe.





NUTRITION TIPS

NUTRITION TIPS FOR PEOPLE WITH PANCREATIC CANCER

1. Consume small, frequent meals –
Consume a small portion of food every 1-3 hours, as you are able.
2. Separate food and beverages –
Wait 30-60 minutes after eating solid foods to have a drink.
3. Be sure to eat slowly –
Eating too quickly can contribute to digestive discomfort.
4. Keep a food diary – This may help you assess tolerance of foods and identify those that may be triggering pain, discomfort, or indigestion.
5. Talk to your doctor about getting help for nutritional needs –
It may help to seek the advice of a registered oncology dietitian.

Visit www.oncologynutrition.org to find one in your area.

Note:

These tips are for informational purposes only. They are not intended to be a substitute for professional medical advice, diagnosis, or treatment. Talk to your healthcare team for nutritional advice or to ask specific questions you have about managing your condition or that of a loved one.



BREAKFAST

GET THE FULL RECIPE ON PAGE 9



BANANA BLUEBERRY MUFFINS

These muffins are a great, quick breakfast treat with bananas and blueberries providing soluble fiber, potassium, and phytonutrients. Non-dairy milk can be substituted for those who are intolerant to lactose and whole-wheat flour can be substituted to increase the fiber content. **Yield: 12 muffins**

INGREDIENTS:

- ½ cup mashed ripe banana (about 1 large)
- ½ cup granulated sugar
- ½ cup milk (may also sub any non-dairy milk)
- ⅓ cup canola oil
- 1 Tbsp. vanilla extract
- 1 tsp. cinnamon
- 1 cup all-purpose flour (or whole wheat flour)
- 2 tsp. baking powder
- ½ cup frozen blueberries

DIRECTIONS:

1. Preheat oven to 400°F.
2. Line muffin pan with paper cups.
3. In a large bowl, mash the banana with a fork.
4. Add the sugar, milk, oil, vanilla, cinnamon, and whisk until combined.
5. Add the flour, baking powder, and stir until just combined; don't over mix.
6. Fold in ½ cup frozen blueberries.
7. Add batter to muffin tin (for easy distribution use medium cookie scoop)
8. Bake for 15-20 minutes, or until tops are slightly golden.

NUTRITIONAL DATA:

125 calories, 6.4 grams fat, 0.6 grams saturated fat, 1 mg cholesterol, 15.5 grams carbohydrate, 0.7 grams dietary fiber, 1.5 grams protein

BAKED BERRY FRENCH TOAST

This French toast recipe is great to make ahead of time for a busy weekday morning. It is a good balanced entrée that includes protein, carbohydrates, dairy, and fruit. Cream cheese and milk components can be substituted with lactose-free versions for those experiencing lactose intolerance. **Yield: 8 Servings**

INGREDIENTS:

- 12 slices day-old bread, cut into 1-inch cubes
- 1 (12 oz.) package of low-fat cream cheese, room temperature
- 2 ¼ cups low-fat, fat-free milk, or non-dairy alternative, divided
- 2 tsp. vanilla, divided
- 2 cups blueberries, fresh or thawed frozen, divided
- 10 eggs, beaten
- ¼ cup plus 1 Tbsp. honey or pure maple syrup

DIRECTIONS:

1. Preheat oven to 350°F.
2. Lightly grease a 9"x13" inch-baking dish.
3. Blend 1 brick of cream cheese, ¼ cup of milk, 1 Tbsp. honey and 1 tsp. vanilla.
4. Arrange ½ of the bread cubes in bottom of dish. Top with cream cheese mixture. Sprinkle 1 cup of blueberries over top, and top with remaining bread cubes.
5. In large bowl, mix eggs, milk, vanilla extract, and honey or syrup. Pour over bread cubes. Cover, refrigerate 1 hour or overnight.
6. Cover, and bake for 30 minutes. Uncover, and continue baking for 25-30 minutes, until center is firm and surface is lightly browned.
7. Let cool for 10-12 minutes. Top with remaining berries and enjoy.

NUTRITIONAL DATA:

231 calories, 7.5 grams fat, 1.7 grams saturated fat, 205 mg cholesterol, 29 grams carbohydrate, 3.8 grams dietary fiber, 13.7 grams protein





NUTRITIONAL DATA:

166 calories, 3.9 grams fat, 2.1 grams saturated fat, 34 mg cholesterol,
29.8 grams carbohydrate, 2.9 grams dietary fiber, 4.4 grams protein

APPLE BUTTERNUT SQUASH PANCAKES

These delicious pancakes can be used as a meal any time of the day. They are rich in beta-carotene and are designed to be easy to tolerate for pancreatic cancer symptoms such as nausea and overall stomach upset. For additional protein, nuts can be added. For those who are experiencing fat intolerance, reduced-fat versions of the dairy components can be substituted, along with lower lactose alternatives for those with lactose intolerance. For those on more severe fiber restrictions, the apple and squash components also can be peeled and boiled to help break down some of the fibers for optimal digestive tolerance. These can be easily frozen (with layers of parchment paper in between) and reheated in the toaster oven or microwave.

Yield: 12 small pancakes (6 large)

INGREDIENTS:

- 3 cups grated raw butternut squash or acorn squash (may also use zucchini)
- 1 large green apple (or 2 small) grated, raw
- $\frac{1}{3}$ cup sour cream (use reduced-fat or vegan sour cream if necessary)
- 1 egg
- $\frac{1}{4}$ cup milk of choice (use lactose-free, non-dairy, or reduced-fat as needed)
- 1 cup all-purpose flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. cinnamon

DIRECTIONS:

1. Grate squash on cheese grater or food processor. Steam in a shallow bowl in microwave with a small amount of water for 3 minutes to soften.
2. Core and grate apple on cheese grater or food processor, and add to squash mixture.
3. Add squash and apple to a mixing bowl and stir in sour cream, egg, and milk with a fork.
4. In a separate bowl, sift flour, baking powder, baking soda, and cinnamon. Add to mixing bowl and stir with the fork.
5. Heat frying pan to low-medium and spray with cooking spray.
6. Using a ladle or a spoon, drop batter onto pan into small pancakes. Flip when bubbles start to form around the edges of pancake.

APPLE AND OAT BAKE

This is a delicious morning treat that is a good source of soluble fiber from the oats and apple that can be helpful for those experiencing diarrhea. Any apple variety would work great for this recipe. Apples are a good source of the phytochemical quercetin, which has antioxidant properties. **Yield: 1 Serving**

INGREDIENTS:

- 1 apple
- 1 tsp. cinnamon
- ½ tsp. coconut oil
- 1 Tbsp. old-fashioned oats

DIRECTIONS:

1. Preheat oven to 350°F.
2. Peel and slice apple.
3. Mix apple with cinnamon, ½ tsp. coconut oil and old-fashioned oats.
4. Place on baking tray.
5. Cover with foil.
6. Bake at 350°F for 20 minutes or until soft.



NUTRITIONAL DATA:

139 calories, 3 grams fat, 2 grams saturated fat, 0 mg cholesterol, 30.4 grams carbohydrate, 6.1 grams dietary fiber, 1.2 grams protein





SUMMER VEGETABLES OMELET

This omelet is an excellent source of protein and includes squash, which is generally a well-tolerated vegetable. Cheddar cheese can be substituted for another flavor of cheese, or lactose-free cheese for those who are lactose intolerant.

Yield: Two 2-egg omelets

INGREDIENTS:

- $\frac{2}{3}$ cup sliced summer squash
- $\frac{2}{3}$ cup sliced fresh zucchini
- 4 eggs, beaten, divided (may substitute 2 egg whites for each egg if needed for lower fat intake)
- 2 Tbsp. oil, divided
- 2 slices white cheddar cheese (use reduced-fat cheese if experiencing fat intolerance or any flavor cheese of choice)

DIRECTIONS:

1. Heat 1 Tbsp. oil in omelet pan over medium heat.
2. Sauté zucchini and squash in oil for 4-5 minutes until tender.
3. Remove vegetables and keep warm.
4. Add additional Tbsp. oil to warm pan. Add two beaten eggs and half of the vegetables. Flip and cook thoroughly. Fold in half and top with 1 slice of white cheddar cheese.
5. Make second omelet with remaining ingredients.



NUTRITIONAL DATA:

310 calories, 27.4 grams fat, 9.1 grams saturated fat, 193 mg cholesterol, 3.6 grams carbohydrate, 0.8 grams dietary fiber, 13.4 grams protein



LUNCH & DINNER

GET THE FULL RECIPE ON PAGE 25

ASPARAGUS FRITTATA

Frittatas are very versatile – they can be used at any meal as a main dish, side dish or appetizer, and can easily be turned into a quiche by adding a pie crust at the bottom (if able to tolerate higher amounts of fat). Eggs provide the highest quality protein available in any food. This recipe is great for those needing easy-to-chew/swallow foods. **Yield: 1 - 9 inch quiche, serves 6**

INGREDIENTS:

- ½ lb. fresh asparagus, trimmed and cut into ½ inch pieces
- 1 egg white, lightly beaten
- 4 eggs, beaten
- ¼ tsp. ground nutmeg
- 1 Tbsp. Dijon mustard
- 1 cup shredded Swiss or muenster cheese (use reduced-fat cheese if experiencing fat intolerance)
- Salt and pepper to taste

DIRECTIONS:

1. Preheat oven to 375°F.
2. Add asparagus to saucepan with 1 inch of water or place in a steamer. Steam for 4-6 minutes or until tender, but not mushy. Once steamed, allow it to drain well and cool.
3. Coat pie dish with nonstick cooking spray.
4. Add drained and dried asparagus to pie dish.
5. In a bowl, beat together eggs, milk, mustard, nutmeg, salt and pepper. Add shredded cheese and mix in.
6. Pour egg mixture into pie pan.
7. Bake uncovered in preheated oven until firm, about 40-50 minutes.
8. Enjoy warm or at room temperature.

NUTRITIONAL DATA:

173 calories, 7.2 grams fat, 1 gram saturated fat, 50 mg cholesterol, 3.6 grams carbohydrate, 1 gram dietary fiber, 24.3 grams protein





EDAMAME HUMMUS WRAP

Soy is a high-quality protein that does not cause the same discomfort as other beans and hummuses. This recipe is extremely easy and satisfying. It can be delicious plain or with any added vegetables that you can tolerate (those with diarrhea or indigestion should be sure to use well-cooked vegetables without the skin). **Yield: 4 servings**

INGREDIENTS:

- 1 cup cooked shelled edamame
- ¼ cup Tahini (sesame paste)
- 1 Tbsp. lemon juice
- Garlic clove, peeled
- 2 Tbsp. coarsely chopped fresh herbs (such as rosemary, thyme, and basil)
- 2 Tbsp. olive oil
- Salt to taste (approximately ¼ tsp.)
- 4 flour wraps
- Optional: Sautéed or roasted vegetables, or fresh, raw vegetables that you can tolerate

DIRECTIONS:

1. Combine edamame, Tahini, lemon juice, garlic, and herbs in food processor.
2. Process ingredients until smooth.
3. Drizzle olive oil through feed tube of food processor, continuing to process until the oil is fully incorporated into the hummus mixture.
4. Season with salt to taste.
5. Spread ¼ cup hummus in each wrap, top with raw or roasted vegetables of choice, roll and serve.

NUTRITIONAL DATA:

399 calories, 21.9 grams fat, 3.1 grams saturated fat, 0 mg cholesterol, 39.9 grams carbohydrate, 4.1 grams dietary fiber, 12.1 grams protein



CHICKEN SALAD SANDWICH

This sandwich is very easy to prepare and contains satisfying flavors and textures. It is a well-balanced meal that includes protein and carbohydrates, along with a splash of colorful fruit and herbs. For those experiencing fat intolerance, reduced-fat mayo can be substituted and walnuts can be avoided. You also can experiment with other herbs like rosemary or basil for varied flavors. **Yield: 4 sandwiches**

INGREDIENTS:

- 2 chicken breasts (skin on during cooking only) or approximately 2 cups diced or shredded cooked, skinless chicken
- 2 Tbsp. mayonnaise (may substitute yogurt - low fat or Greek - and 1 tsp. lemon juice)
- ¼ cup sliced grapes
- 2 Tbsp. dried cranberries
- ¼ cup chopped walnuts (optional)
- 2 tsp. dried tarragon
- 8 slices bread

DIRECTIONS:

1. Preheat oven to 375°F.
2. Roast chicken breasts for approximately 45 minutes until cooked through, juices run clear and temperature of chicken reaches 165°F.
3. Remove skin from breast meat. Discard skin. Cube, dice, or shred meat.
4. Add mayonnaise, grapes, cranberries, walnuts, and tarragon.
5. Mix well and divide into 4 (~¾ cup) portions and spread onto bread.
Delicious with toasted bread!

NUTRITIONAL DATA:

237 calories, 9.8 grams fat, 1.4 grams saturated fat, 56 mg cholesterol, 13.1 grams carbohydrate, 1.2 grams dietary fiber, 23.7 grams protein





HEARTY VEGETABLE AND LENTIL SOUP

This hearty soup is very versatile and can be adapted for whatever vegetables you have available. Use this dish as a complement to a meal or serve with homemade corn bread to complete a meal. The vegetables and lentils provide an excellent amount of insoluble and soluble fiber, and this dish is a great choice for those dealing with constipation. **Yield: 6 servings**

INGREDIENTS:

- 3 cups water
- 3 cups vegetable or chicken broth
- 3 medium carrots, chopped
- 1 medium onion, chopped
- 1 cup dried lentils, rinsed
- 2 celery ribs, sliced
- 1 small bell pepper, color of your choice
- ¼ cup uncooked brown rice
- 1 tsp. dried basil or 1 Tbsp. of fresh chopped basil
- 1 garlic clove, minced
- 1 bay leaf
- ½ cup tomato paste

DIRECTIONS:

1. In a large saucepan, combine all ingredients except tomato paste. Bring to a boil.
2. Reduce heat; cover and simmer for 1 to 1 ½ hours or until lentils and rice are tender.
3. Add the tomato paste and stir until blended. Cook for 10-15 minutes. Discard bay leaf.

NUTRITIONAL DATA:

Nutritional Data: 206 calories, 1.4 grams fat, 0 grams saturated fat, 0 mg cholesterol, 36 grams carbohydrate, 12.6 grams dietary fiber, 12.9 grams protein



PASTIERA (PASTA EGG BAKE)

Pastiera is traditionally an Italian-style Easter cake that is sweetened and made with ricotta cheese. This recipe is a savory spin on this classic dish and is packed with protein from the eggs and milk. Lactose-free milk and cheese can be used for those experiencing lactose intolerance. Spaghetti squash also is a great substitution for pasta noodles as a lower carbohydrate alternative or for those looking to add a tolerable vegetable component. **Yield: 8 servings**

INGREDIENTS:

- 12 eggs, beaten (may substitute for lower fat pasteurized liquid egg product)
- 2 cups of milk (substitute non-fat or reduced-fat milk if experiencing fat intolerance)
- Salt and pepper to taste
- 1 cup of grated Parmesan cheese
- Perciatelli (aka Bucatini or #6 macaroni spaghetti with a hole running through)

DIRECTIONS:

1. Preheat oven to 250°F. Spray a rectangular 9"x13" baking dish with nonfat cooking spray.
2. Cook pasta according to package directions.
3. Mix beaten eggs with milk, salt, pepper, and cheese while macaroni is cooking.
4. Combine together in the 9"x13" baking dish.
5. Bake at 250°F for 10 minutes, and then increase oven temperature to 350°F for 25-30 minutes.
6. Cut into 8 pieces, or smaller as a side dish.

NUTRITIONAL DATA:

Nutritional Data: 378 calories, 11.5 grams fat, 4.6 grams saturated fat, 259 mg cholesterol, 48.5 grams carbohydrate, 2 grams dietary fiber, 21.4 grams protein





CHICKEN WITH QUINOA

Prepared as described this recipe will “pack a protein punch,” but for additional protein add white beans and cook the quinoa in chicken broth. To add additional flavor or variety, top with low-fat sour cream and salsa for a Mexican-inspired dish. Other grains such as bulgur, rice, or couscous can also be used. **Yield: 6 servings**

INGREDIENTS:

- 1 Tbsp. olive oil, divided
- 1 lb. ground chicken breast
- 1 tsp. rosemary
- Pinch salt (optional)
- ¼ tsp. pepper (optional)
- 1 cup quinoa
- 1 ½ cups frozen kale
- ¼ cup chicken broth

DIRECTIONS:

1. Heat 2 tsp. olive oil in skillet; add the ground chicken, rosemary, salt, and pepper.
2. Cook until cooked through and browned.
3. Add frozen kale and chicken broth and allow to thaw and wilt; approximately 2-3 minutes.
4. While the chicken is cooking, separately cook quinoa according to package directions in medium size saucepan with remaining tsp. of olive oil. Fluff with fork when cooked.
5. Add quinoa to skillet with chicken and kale and combine well. Serve warm.

NUTRITIONAL DATA:

217 calories, 4.8 grams fat, 0.6 grams saturated fat, 47 mg cholesterol, 19.9 grams carbohydrate, 2.8 grams dietary fiber, 23.9 grams protein



TURKEY MEATLOAF (MINI)

This healthy alternative to beef meatloaf is adaptable to those dealing with a variety of treatment-related symptoms. Providing a generous amount of protein and flavored with vegetables, this meatloaf is sure to satisfy. This is a good selection for those dealing with gastrointestinal upset like nausea or diarrhea, and for those needing blander flavors and less aroma. If you are looking to spice it up, consider adding red pepper flakes, hot sauce, or your favorite BBQ sauce. If looking for a lower-fat alternative, you can use turkey breast meat and add 1/4 cup more broth to this recipe for moistness. **Yield: 8 servings**

INGREDIENTS:

- 1 Tbsp. olive oil
- 2 lb. ground turkey (for a leaner preference use 1 lb. breast and 1 lb. dark meat or 2 lb. breast meat for most lean option)
- 1 large or 2 small zucchini
- 2 carrots
- 1/2 medium onion
- 1 cup quick cook oats
- 3/4 cup turkey or chicken broth
- 1 Tbsp. Worcestershire sauce
- 1 Tbsp. ketchup
- 1 egg
- 1 tsp. salt
- 1 tsp. pepper

DIRECTIONS:

Preheat oven to 375°F.

1. Shred zucchini and carrot. Slice onion finely.
Alternatively, you can chop ingredients in a mini food processor.
2. Sauté vegetables in olive oil on medium heat until softened, approximately 3 to 4 minutes.
3. While vegetables cook, add broth to oats and let soak.
4. Add cooked vegetables, oats, ketchup, Worcestershire sauce, egg, salt, and pepper to ground turkey.
5. Mix ingredients together, avoid overmixing.
6. Place mixture in a meatloaf shape in a rectangular baking dish and bake for 1 hour until internal thermometer reads at least 165°F. For extra crispy top, broil for the last 5 minutes of cooking, watching closely to avoid burning.

- TIP -

You also can make “mini meatloafs” in a muffin pan or miniature loaf pans, or even on a sheet pan shaped into 8 smaller loafs. These are great for freezing and lend themselves well to a leftover meatloaf sandwich.

NUTRITIONAL DATA:

324 calories, 16.3 grams fat, 2.8 grams saturated fat, 146 mg cholesterol, 11.6 grams carbohydrate, 2 grams dietary fiber, 37.8 grams protein



SALMON BURGER WITH BOK CHOY, GINGER AND LEMONGRASS

Salmon burgers provide a tasty alternative to old-fashioned beef burgers along with the benefit of healthy omega-3 fats. These burgers have a refreshing appeal from the lemongrass and ginger. Top with traditional plant-based burger toppings on a hearty whole-grain roll. Tuna can be substituted for salmon as well. For those sensitive to spices, they can be toned down as needed. **Yield: 4 servings**

INGREDIENTS:

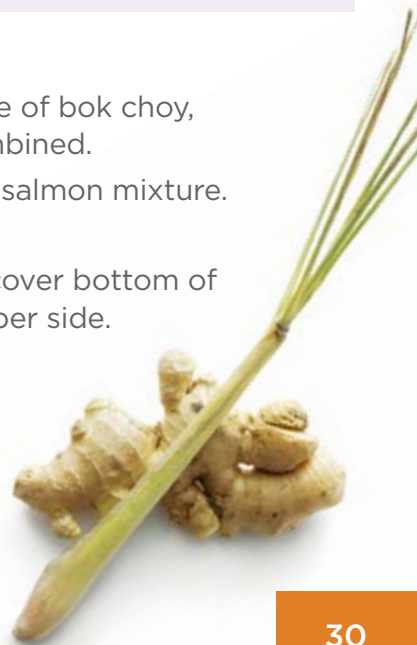
- 1 lb. salmon fillet (or canned salmon)
- 3 cups bok choy, chopped finely (green leafy top only)
- 3 scallions, minced
- 1 Tbsp. finely grated ginger (peeled)
- 1 large egg white
- 1 Tbsp. finely grated lemongrass (dried lemongrass can be substituted if fresh is not found)
- Salt and pepper to taste
- 1 Tbsp. soy sauce
- Cilantro (optional)

DIRECTIONS:

1. Cut salmon into $\frac{1}{4}$ inch dice (or use canned salmon), stir into mixture of bok choy, scallions, ginger, lemongrass, salt and pepper in large bowl until combined.
2. Beat together egg white and soy sauce in a small bowl and stir into salmon mixture.
3. Form into four patties that are $\frac{1}{2}$ inch thick.
4. Heat non-stick skillet over medium heat. Add 1 Tbsp. of olive oil to cover bottom of skillet. Add salmon patties, cooking for approximately 3-4 minutes per side.
5. Serve hot.
6. Top with cilantro leaves, if desired.

NUTRITIONAL DATA:

399 calories, 21.9 grams fat, 3.1 grams saturated fat, 0 mg cholesterol, 39.9 grams carbohydrate, 4.1 grams dietary fiber, 12.1 grams protein



TURKEY TORTELLINI SOUP

Many people with pancreatic cancer do best with simple, comforting meals. This classic soup recipe can be the base for a warm and hearty soup. **Yield: 8 Servings**

INGREDIENTS:

- 1 12-15 lb. turkey
- 3 medium-size onions
- 6 garlic cloves
- 6 large carrots
- 1 head of celery
- 3 bay leaves
- 6 sprigs fresh thyme
- 1 sprig rosemary
- 3 cups cheese tortellini
- 1 bunch parsley
- ½ cup parmigiano cheese
- ¼ cup extra virgin olive oil

DIRECTIONS FOR ROASTING THE TURKEY:

1. Preheat oven to 350°F.
2. Place turkey on roasting rack. Season inside and out with salt and pepper.
3. Roast turkey for 2 ½ or 3 hours until internal temperature reaches 155°F, basting with natural juices every 30 minutes.
4. Remove turkey and lightly dome with aluminum foil. Allow to cool.
5. Once cool, remove skin and debone turkey.
6. Place body and all bones back into the roasting pan. Roast at 350°F for 30 minutes, until bones are dark, golden brown.
7. Shred turkey meat into bite size pieces.
8. Reserve.

DIRECTIONS FOR THE TURKEY STOCK:

1. In a large stock pot, place turkey bones and body, ½ head of celery (chopped), 3 carrots (chopped), 2 onions (chopped), 4 garlic cloves (smashed), 3 bay leaves, 1 sprig rosemary and 6 sprigs thyme.
2. Cover with 4 inches of water, bring to a simmer.
3. Lower heat and slowly simmer stock for 2 hours, occasionally skimming fat from the top.
4. After 2 hours, strain stock through a fine sift and cheese cloth.
5. Cool and reserve.





TURKEY TORTELLINI SOUP *(CONTINUED)*

DIRECTIONS FOR THE GARNISH:

1. Remaining celery, small dice (quarter by quarter inch)
2. Remaining carrots, small dice (quarter by quarter inch)
3. Remaining onions, small dice (quarter by quarter inch)
4. Remaining garlic, minced
5. In a large stock pot, put 2 gallons of water. Add 2 Tbsp. of kosher salt. Bring to a rolling boil and add the tortellini.
6. Cook for 6 minutes, occasionally stirring. Strain.
7. Toss 1 Tbsp. extra virgin olive oil into the tortellini.
8. Lay flat on a sheet tray and allow to cool in refrigerator.
9. Reserve.

DIRECTIONS TO ASSEMBLE THE SOUP:

1. Add stock to large stock pot.
2. Add all diced vegetables and bring to a simmer. Cook until carrots are tender, approximately 6-8 minutes.
3. Add shredded turkey meat, tortellini, and finely chopped parsley. Adjust soup seasoning with desired amount of kosher salt and fresh ground pepper.





TO SERVE

1. In a soup bowl, place 1 large ladle of garnish into center of bowl, top off the bowl with stock.
2. Drizzle with $\frac{1}{2}$ tsp. extra virgin olive oil over the top of the soup.
3. Add 1 Tbsp. of grated parmigiano cheese.



Recipe Substitutions:

- *If you are not able to tolerate fat in your diet due to fat malabsorption, you can easily substitute the cheese tortellini for plain soup pasta, omit the Parmesan and decrease the amount of oil used.*
- *For added protein, you can add extra turkey to your soup portion. Each ounce of turkey provides 8 grams of protein.*

NUTRITIONAL DATA:

(assumes 1 oz turkey per bowl) 338 calories, 13 grams fat, 3 grams saturated fat, 39 mg cholesterol, 37 grams carbohydrate, 2.5 grams dietary fiber, 19 grams protein.



SHRIMP POMODORO & ANGEL HAIR

This delicious shrimp dish provides a great source of protein, but can be substituted for chicken for those who may be allergic to shellfish. Tomato content can be reduced to a smaller quantity of diced tomato or omitted and replaced with chicken or vegetable broth to reduce acid content. In addition, herbs and spices can be adapted to suit flavor preferences and digestive tolerance. For those looking to add more dietary fiber, whole wheat pasta can be substituted. For those who are experiencing fat malabsorption or dairy intolerance, olive oil can be reduced and parmigiano cheese can be omitted. **Yield: 6 servings**

INGREDIENTS:

- 1 lb. angel hair pasta
- 6 Tbsp. extra virgin olive oil
- 3 sprigs fresh thyme
- 8 cloves garlic (sliced paper thin)
- $\frac{3}{4}$ cup finely chopped onion
- 1 cup tomato concasse (peeled, seeds removed, diced)
- 1 Tbsp. tomato paste
- $\frac{1}{2}$ cup white wine* (can substitute non-alcoholic cooking wine)
- 2 Tbsp. chiffonade fresh basil (stacked basil leaves, tightly rolled, thinly sliced)
- 3 Tbsp. crushed red pepper flakes** (optional)
- 1 $\frac{1}{2}$ lb. size 16/20 wild shrimp
- Kosher salt (as needed)
- Fresh ground pepper (as needed)
- 1 Tbsp. minced Italian parsley
- 4 Tbsp. parmigiano cheese (optional)

DIRECTIONS FOR PASTA:

1. In a large stock pot add 2 gallons of water and 3 Tbsp. kosher salt; bring to a boil. Add angel hair pasta and boil for 3 minutes, achieving doneness of al dente.
2. Strain pasta and put pasta back into pot. Add $\frac{3}{4}$ cup tomato sauce to coat pasta.



SHRIMP POMODORO & ANGEL HAIR

(CONTINUED)

DIRECTIONS FOR SAUCE:

1. In a medium sized sauce pan add 3 Tbsp. of extra virgin olive oil over medium heat and add onions. Sweat onions for 5 minutes until translucent, then add half the amount of garlic, red pepper flakes (if wanted), 2 sprigs of thyme and tomato paste.
2. Continue to cook over medium heat for 3 minutes. Add white wine (reserving 1 Tbsp. for shrimp).
3. Continue to stir and cook until wine is evaporated. Add tomato concasse, 1 tsp. kosher salt and desired amount of fresh ground pepper. Lower heat to slow simmer for 45 minutes.
4. After 45 minutes, with a hand blender, pulse to slightly puree (you do not want the sauce to be completely smooth). Pulses should be 15 2-second pulses.
5. Add parsley. Reserve for plating.





METHOD FOR ASSEMBLY:

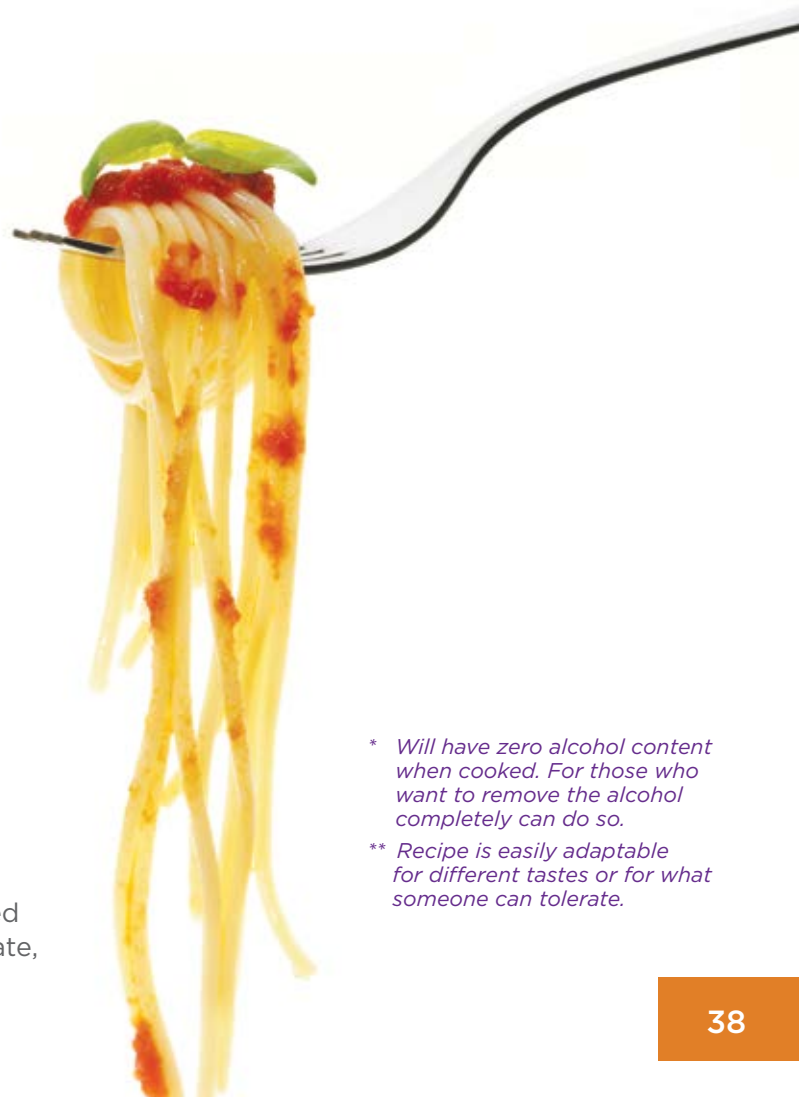
1. Heat shrimp in remaining tomato sauce. Place desired amount of pasta into a pasta bowl.
2. Spoon over tomato sauce. Add desired amount of shrimp and fresh basil. Each dish can be garnished with 1 Tbsp. parmigiano cheese.

DIRECTIONS FOR SHRIMP:

1. In a medium sauté pan that's been pre-heated over medium-high heat, add the remaining olive oil and garlic.
2. When the garlic begins to slightly brown, add shrimp that has been shelled and de-veined, season with salt and pepper. Sauté for 1-2 minutes over high heat.
3. Add remaining fresh thyme and 1 Tbsp of white wine. Remove from heat.
4. Reserve for plate assembly.

NUTRITIONAL DATA:

497 calories, 17.8 grams fat, 3.4 grams saturated fat, 189 mg cholesterol, 49.3 grams carbohydrate, 1.8 grams dietary fiber, 34 grams protein



* Will have zero alcohol content when cooked. For those who want to remove the alcohol completely can do so.

** Recipe is easily adaptable for different tastes or for what someone can tolerate.



APPS & SIDES

GET THE FULL RECIPE ON PAGE 47

MAPLE GREEN BEANS

Roasting green beans is a quick and easy way to prepare a delicious green vegetable. This recipe can be made with fresh out-of-the-garden green beans, fresh packaged and pre-washed green beans, or frozen green beans. Boost the flavor by using pure maple syrup. **Yield: 4 servings**

INGREDIENTS:

- 1 lb. green beans
- 1 Tbsp. maple syrup
- 1 tsp. olive oil
- ½ tsp. salt
- ¼ tsp. pepper

DIRECTIONS:

1. Preheat oven to 400°F.
2. In a large bowl, toss green beans with maple syrup, oil, salt and pepper.
3. Arrange evenly on sheet tray.
4. Roast until tender, about 20 to 25 minutes.

NUTRITIONAL DATA:

59 calories, 1.3 grams fat, 0 grams saturated fat, 0 mg cholesterol, 11.5 grams carbohydrate, 3.9 grams dietary fiber, 2.1 grams protein







CARROT PURÉE WITH OLIVE OIL AND CILANTRO

This is the perfect side dish for the holiday season, especially for patients facing pancreatic cancer, as it is a well-cooked vegetable dish that is easier to digest and less likely to aggravate digestive issues. The carrots provide an excellent source of beta-carotene. The oil may be reduced if sensitive to fat, or coconut oil may be substituted (which may be more easily absorbed). If you are sensitive to additional herbed flavors, the cilantro can be reduced or omitted. This purée can also translate well to any other root vegetable or squash such as turnip, parsnip, acorn squash, or butternut squash. **Yield: 6 servings**

INGREDIENTS:

- About 10 carrots, peeled and cubed
- 5 Tbsp. extra virgin olive oil
- Sea salt
- Fresh black pepper
- 3 Tbsp. finely chopped fresh cilantro (may substitute other fresh herbs of choice and as tolerated)

DIRECTIONS:

1. In a large pot, boil peeled and cubed carrots for about 20 minutes until they are very tender. (Alternatively, steaming them in a steam pan over boiling water may preserve the maximum amount of nutrients.)
2. In a medium pan, add fresh cilantro leaves and 3 Tbsp. of extra virgin olive oil. Heat on lowest flame for about 5 minutes.
3. Remove from heat and allow to sit for about 5 minutes. Remove cilantro from oil and set aside.
4. In a food processor or using an immersion blender, add in cooked carrots and cilantro oil and 2 Tbsp. of extra virgin olive oil. Purée until smooth.
5. Add sea salt and fresh black pepper to taste and fresh cilantro as a garnish.

NUTRITIONAL DATA:

142 calories, 11.7 grams fat, 1.7 grams saturated fat, 0 mg cholesterol, 10 grams carbohydrate, 2.5 grams dietary fiber, 0.8 grams protein

VEGETABLE POPOVER

These vegetable popovers are excellent for individuals needing soft, easy-to-swallow foods. Eggs (or egg substitute) add an excellent source of high-quality protein. This also is a great recipe to prepare ahead of time and reheat as a healthy mini-meal.

Yield: 6 servings

INGREDIENTS:

- 1 zucchini, chopped into bite-size pieces
- 1 large carrot, chopped into small pieces (about half the size of the zucchini)
- 2 tsp. olive oil
- 6 large eggs
- ¼ cup milk (non-dairy alternative, if desired)
- ⅓ cup shredded cheddar cheese (use reduced-fat cheese for those experiencing fat intolerance)
- Salt and freshly ground black pepper, to taste
- Pinch of turmeric
- Onion powder, to taste

DIRECTIONS:

1. Preheat the oven to 350°F.
2. Spray 6 muffin cups with nonstick spray.
3. Sauté the zucchini and the carrots in 2 tsp. olive oil for 5-7 minutes.
4. In a medium bowl, whisk together the eggs and milk. Add salt, pepper, turmeric, and onion powder.
5. Distribute egg mixture evenly into muffin cups.
6. Distribute zucchini and carrots into egg mixture.
7. Bake 25 to 30 minutes, or until egg is cooked through.

NUTRITIONAL DATA:

126 calories, 8.9 grams fat, 3.2 grams saturated fat, 193 mg cholesterol, 3.4 grams carbohydrate, 0.7 grams dietary fiber, 8.7 grams protein





BUTTERNUT SQUASH SOUP

Enjoy this colorful, smooth soup as a great complement to any entrée or as a main dish. Use prepared, frozen, fresh squash, or canned pumpkin to reduce the preparation time. This soup is a good choice for those looking for a low-fat, simple meal option. This also is a great soup to make in a large batch and freeze extra portions. **Yield: 8 servings**

INGREDIENTS:

- 1 large butternut squash (or 2 lb. frozen cubed or two 16 oz. cans pumpkin)
- 3 carrots, roughly chopped
- 2 stalk celery, roughly chopped
- ½ medium onion, roughly chopped
- 2 Tbsp. olive oil
- 4 cups chicken stock
- Salt and pepper to taste
- 1 Tbsp. cinnamon

DIRECTIONS:

1. Preheat oven to 400°F.
2. Clean and halve squash lengthwise and remove seeds.
3. Drizzle 1 Tbsp. olive oil on squash and place face down on baking sheet.
4. Roast squash until tender, approximately 25 minutes. Remove from oven to cool.
5. While roasting, sauté vegetables in stock pot in 1 Tbsp. olive oil.
6. Once squash cools, scoop out flesh and add to pot with chicken stock.
7. Add cinnamon.
8. Cook for approximately 5 minutes on medium heat.
9. Use immersion blender (or transfer to blender) to purée soup; cook an additional 3-5 minutes.

NUTRITIONAL DATA:

100 calories, 3.9 grams fat, 0.6 grams saturated fat, 0 mg cholesterol, 17.2 grams carbohydrate, 3.5 grams dietary fiber, 1.8 grams protein



DESSERTS & BEVERAGES

GET THE FULL RECIPE ON PAGE 51

RICE PUDDING

A creamy, often well-tolerated, high-calorie pudding that works as a great dessert for those needing to add protein and calories to their daily intake. For those requiring a lower fat alternative, reduced-fat milk may be substituted. Non-dairy, lactose-free options like soy, rice, or almond milk can work as well. **Yield: 4 servings**

INGREDIENTS:

- 2 cups of whole milk, reduced-fat milk, or non-dairy alternative
- 1/3 cup of sugar
- 3/4 cups of long grain white or brown rice
- 1/4 tsp. salt
- 1 egg (beaten)
- 1/2 tsp. vanilla extract
- 1/4 cup dried fruit of your choice (optional)
- Cinnamon or nutmeg for sprinkling on top (optional)
- Tip: for extra cinnamon flavor, boil rice with a cinnamon stick added to the water

DIRECTIONS:

1. First rinse uncooked rice with cold water.
2. Bring 1 1/2 cups of water to a boil.
3. Add rice, reduce heat, and cook for approximately 20 minutes until tender.
4. In large pot add rice, 1 1/2 cups milk, sugar and salt.
5. Stir rice constantly to avoid rice from sticking to bottom of pot.
6. Cook until mixture is a thick and creamy texture, approximately 20 minutes.
7. Remove pot from heat, and while still hot, add remaining 1/2 cup milk, beaten eggs (add very slowly while stirring pot), vanilla, and optional dried fruit (such as raisins).
8. Return to medium heat and stir again until slightly thickened (5-10 minutes max).
9. Remove from heat, and pour into containers. Top with a sprinkling of cinnamon or nutmeg for garnish as desired.
10. Refrigerate before serving.

NUTRITIONAL DATA:

289 calories, 5.9 grams fat, 0.5 grams saturated fat, 59 mg cholesterol, 50 grams carbohydrate, 1.2 grams dietary fiber, 8.1 grams protein





PEACHES AND CREAM SMOOTHIE

Simple meals like shakes and smoothies are often helpful ways for people caring for or living with pancreatic cancer to get the nutrients they need. This Peaches and Cream Smoothie combines the potassium and fiber benefits of peaches and bananas along with soluble fiber from rolled oats, which can help to alleviate loose bowel movements and promote regularity. The protein powder can be added at the recommendation of your healthcare team for additional nutritional value. Dairy components can be easily substituted with lactose-free or non-dairy versions. **Yield: 1-2 servings**

INGREDIENTS:

- ½ cup rolled oats
- ⅓ cup plain yogurt (or soy coconut/almond yogurt)
- ¾ cup milk (or soy/almond/rice milk)
+ ¼ cup more for morning
- 1 small ripe peach (or ½ cup frozen peaches, thawed and softened)
- ½ medium banana
- Pinch of salt
- 1-2 Tbsp. protein powder (whey or soy) (optional)

DIRECTIONS:

1. Gather all ingredients.
2. Combine ingredients in a blender and enjoy.
3. Store in a container in your refrigerator overnight if making ahead of time. In the morning, add last ¼ cup of milk, more if you need it to blend smoothly.

NUTRITIONAL DATA:

(assumes regular whole milk and yogurt) 426 calories, 9 grams fat, 4.5 grams saturated fat, 25 mg cholesterol, 68 grams carbohydrate, 7 grams dietary fiber, 20 grams protein





HOLIDAY & SEASONAL IDEAS

GET THE FULL RECIPE ON PAGE 57

CHICKEN KEBAB WITH TZATZIKI AND PITA

A great summertime chicken recipe topped with cool, creamy tzatziki sauce. Preparation is required 2-3 hours ahead of time but well worth the extra wait time. Choose this recipe for those needing high protein, low fiber choices. **Yield: 6 servings**

INGREDIENTS:

Pita:

1 pack store-bought pita bread

Tzatziki sauce:

3 cucumbers

12 oz. plain Greek yogurt

1 pinch of sea salt

½ tsp. extra virgin olive oil

2 cloves of garlic, minced

Chicken:

1½ pounds skinless, boneless chicken breast halves, cut into ½ inch pieces

¼ cup olive oil for marinade

2 Tbsp. lemon juice

1 tsp. dried oregano

½ tsp. sea salt

6 wooden skewers

DIRECTIONS FOR TZATSIKI SAUCE:

1. Clean and grate cucumbers. Be sure to remove seeds and peel off cucumber skin if on a low-fiber diet.
2. Strain juice and place in medium bowl.
3. Add yogurt to bowl and mix cucumbers, garlic, salt and olive oil together.
4. Cover and refrigerate for 30 minutes.

NUTRITIONAL DATA:

441 calories, 13.8 grams fat, 3 grams saturated fat, 67 mg cholesterol, 44.7 grams carbohydrate, 3 grams dietary fiber, 34.9 grams protein

DIRECTIONS FOR CHICKEN AND PITA:

1. Combine ¼ cup olive oil, lemon juice, 1 tsp. oregano, and ½ tsp. sea salt in a large bowl.
2. Add chicken, mix with the marinade and cover the bowl.
3. Marinate in the refrigerator for at least 2 hours.
4. Skewer chicken evenly on 6 wooden skewers. Preheat grill, place pitas on grill for 2 minutes on each side until slightly browned.
5. Remove from grill and set aside.
6. Cook the skewers on the preheated grill, turning frequently until nicely browned on all sides, about 10 minutes per side. Serve with grilled pita and topped with tzatziki sauce.





PUMPKIN OATMEAL BARS

These are a healthy alternative to many common cookie recipes. Whole-wheat flour, oats, pumpkin and ground flaxseed add soluble and insoluble fiber, along with the phytochemical and antioxidant benefits of the added spices. Great selections for an after-dinner dessert or midday snack. Flaxseed can be omitted if experiencing gas, bloating, or diarrhea. **Yield: 40 square bars or 48 cookies**

INGREDIENTS:

- 2 cups whole-wheat flour
- 1 $\frac{1}{3}$ cups rolled oats
- 1 tsp. baking soda
- $\frac{3}{4}$ tsp. salt
- 1 tsp. cinnamon
- $\frac{1}{2}$ tsp. nutmeg
- 1 $\frac{1}{3}$ cup sugar
- $\frac{2}{3}$ cup canola oil
- 3 Tbsp. molasses
- 1 can of cooked pumpkin puree
- 1 tsp. vanilla
- 2 Tbsp. ground flaxseed (optional)
- Optional add-ins: 1 cup mini chocolate chips

DIRECTIONS:

1. Preheat oven to 350°F. Grease two 12"x17" baking sheet pans.
2. Mix together flour, oats, baking soda, salt, and spices.
3. In a separate bowl, mix together sugar, oil, molasses, pumpkin, vanilla, and optional flaxseeds until very well combined.
4. Mix flour and sugar mixtures together. Fold in chocolate chips, if desired.
5. Spread and press batter onto greased cookie sheets (to make cookies, drop 1 inch size balls of batter an inch apart, and flatten tops of cookies with fork or your fingers to press into cookie shape).
6. Bake for 16 minutes or until inserted knife or toothpick is clean. Rotate halfway through baking.
7. Remove from oven (if making cookies, transfer to wire rack to cool).
8. Once cool slice into 20 bars per sheet pan.

NUTRITIONAL DATA:

101 calories, 4 grams fat, 0 grams saturated fat, 0 mg cholesterol, 15.4 grams carbohydrate, 0.9 grams dietary fiber, 1.2 grams protein

SWEET POTATO AND WHITE BEAN FRITTERS

Trying this unique plant-based recipe will add vibrancy and texture to your plate. Substitute any squash or beans that you have available. This recipe is a good choice for those needing foods that are soft and easy to chew and swallow. **Yield: 12 fritters**

INGREDIENTS:

- 2 cups (10 oz.) cubed and peeled sweet potato
- 1 can (15.5 oz.) no-added salt white beans, drained and rinsed
- 4 Tbsp. quick cooking oats
- 1 large egg
- ¼ cup onion, minced
- 1 large clove garlic, minced
- 2 tsp. chopped fresh sage leaves
- ¼ tsp. cumin
- Salt and freshly ground pepper to taste
- 1 Tbsp. canola oil or extra virgin olive oil, divided
- ¾ cup low-fat sour cream or fat-free plain Greek-style yogurt

DIRECTIONS:

1. In large saucepan with a steamer basket, steam sweet potatoes until tender, about 15-17 minutes.
2. Transfer sweet potato to food processor. Add beans, oats, egg, onion, garlic, sage, cumin. Pulse until blended yet slightly chunky.
3. Season with salt and pepper.
4. Heat 1 Tbsp. oil in large skillet over medium-high heat.
5. Gently drop six ¼ cup portions of mixture into pan and gently press into round patties with back of measuring cup or spatula. Don't over crowd skillet.
6. Sauté fritters until golden brown on bottom, about 5 minutes. Heat may need to be adjusted for optimal browning.
7. Carefully turn over each fritter and sauté until other side is golden brown, about 3-4 minutes.
8. Transfer fritters to plate and cover with foil to keep warm.
9. Use remaining oil to sauté remaining six fritters. There should be 12 fritters in total. Serve warm with sour cream or Greek yogurt.



NUTRITIONAL DATA:

104 calories, 4.9 grams fat, 2.1 grams saturated fat, 22 mg cholesterol, 12.5 grams carbohydrate, 2.7 grams dietary fiber, 3.7 grams protein



THANKSGIVING MEATBALLS

This is a unique twist to a comfort food that takes meatballs from savory to slightly sweet. It's a great choice for those needing low-fat protein choices during the holiday. **Yield: 16 medium-sized meatballs, 8 servings**

INGREDIENTS:

- 1 ½ lb. ground turkey meat (you can use half ground turkey and half sweet turkey sausage for extra flavor)
- 1 ¼ cup of herbed stuffing bread cubes
- ½ cup dried cranberries
- 1 large egg plus 1 egg white
- ¼ cup finely chopped sweet onion
- 1 Tbsp. chopped fresh sage
- 1 tsp. salt
- 1 Tbsp. olive oil
- Other add-in ideas: shredded carrots or chopped mushrooms

DIRECTIONS:

1. Preheat oven to 450°F.
2. Coat a 9"x13" inch baking sheet with olive oil and set aside.
3. In a large bowl, combine the ground turkey/turkey sausage, cranberries, eggs, onion, sage, and salt. Add half of the stuffing cubes in whole form, and crush the other half in your hands to resemble bread crumbs. Mix everything together with your hands until it is all incorporated.
4. Coat your hands with a little bit of olive oil and roll the mixture firmly into balls about the size of golf balls. Place the meatballs in the baking dish directly next to each other in rows. This will help them keep their shape while baking.
5. Roast for about 20 minutes, until the meatballs are cooked through and slightly brown on top.
6. Serve meatballs with gravy and cranberry sauce, and enjoy!

NUTRITIONAL DATA:

192 calories, 7.9 grams fat, 1.8 grams saturated fat, 73 mg cholesterol, 5.4 grams carbohydrate, 0.9 grams dietary fiber, 18.5 grams protein

SOLE EN PAPILOTE WITH CITRUS AND GINGER

This delicately flavored Sole recipe provides an excellent source of protein and healthy fats. This recipe is great for those who need lighter flavors and less fiber. For those more sensitive, the quantity of onion, garlic, and ginger can be reduced as needed. **Yield: 4 servings**

INGREDIENTS:

- Parchment paper
- 4 sole fillets (6 oz. each)
- 2 Tbsp. olive oil
- 3 cloves garlic, diced
- 4 scallions, sliced
- 2 Tbsp. peeled, minced ginger root
- 2 Tbsp. grated orange rind
- ¼ inch thick circular slices from 2 medium oranges
- ½ tsp. kosher salt
- ¼ tsp. freshly ground black pepper

DIRECTIONS:

1. Heat oven to 450°F.
2. Fold four 15 inch square pieces of parchment paper in half. Starting at fold of each piece, draw half a large heart shape. Cut along lines; open. Place 1 fish fillet next to crease on each piece of parchment.
3. In a small skillet, heat 1 ½ Tbsp. oil over medium heat. Sauté sliced garlic, scallions, ginger root and orange rind for approximately 1 minute (until garlic golden). Remove skillet from heat.
4. Sprinkle fish fillets with salt and pepper. Divide mixture from skillet among fish. Top each fish with orange “circles.” Fold other half of parchment over fish. Starting at top of each parchment half heart, make small, tight, overlapping folds along outside edge to seal packet; twist tail ends to seal.
5. Place packets on rimmed baking sheet and roast for 8-10 minutes.

NUTRITIONAL DATA:

303 calories, 9.7 grams fat, 1.6 grams saturated fat, 116 mg cholesterol, 10.8 grams carbohydrate, 2.4 grams dietary fiber, 42.2 grams protein





VEGAN TOFU LASAGNA

This is a great alternative for those foregoing animal-based products or looking to cut back on added fats. Tofu, from soybeans, provides an excellent amount of high quality protein, phytochemicals and fiber. Great recipe for diets requiring lower fat content or ingredients that are easy to chew/swallow. For those sensitive to tomato sauce, you can use olive oil to coat dish and make lasagna roll-ups with tofu mixture and sautéed vegetables like zucchini, squash, carrot and mushrooms. **Yield: 8 servings**

INGREDIENTS:

- 2 Tbsp. olive oil
- 1/2 tsp. salt
- 1 tsp. Italian seasoning
- 16 oz. extra firm tofu
- 2 cloves garlic (or 1 tsp. powdered garlic)
- 1 Tbsp. nutritional yeast
- 10 oz. frozen kale (or spinach, collards), defrosted, water extracted
- 1 package lasagna noodles
- 16 oz. tomato sauce

DIRECTIONS:

1. Preheat oven to 350°F.
2. Drain the tofu and pat dry with paper towels.
3. Crumble into the bowl of a food processor or high-speed blender.
4. Add Italian seasoning, garlic and nutritional yeast.
5. Process on high until smooth and “ricotta-like.”
6. Add the defrosted kale to the blended tofu mixture.
7. Cook lasagna noodles according to package directions until al dente. Drain and cool.
8. Pour about 1/2 cup pasta sauce into the bottom of a 9”x13” baking or lasagna pan.
9. Layer noodles with tofu mixture and a few spoonfuls of sauce until you reach three layers.
10. Smother with remaining tomato sauce.
11. Bake for approximately 30 minutes until sauce is bubbly and lasagna is heated through.

NUTRITIONAL DATA:

262 calories, 7.1 grams fat, 1 gram saturated fat, 19 mg cholesterol, 37.8 grams carbohydrate, 2.5 grams dietary fiber, 13.5 grams protein

TURKEY SWEET POTATO HASH

Since fatigue is sometimes experienced by people living with pancreatic cancer, this easy-to-prepare dish is nutrient dense and a good source of protein and B vitamins, which can help boost energy. In addition, the cooked apple and sweet potato provide fiber that is easily tolerated and full of antioxidants like beta-carotene and quercetin. The ingredients include a variety of appealing textures and flavors of the holiday season! **Yield: 6 servings**

INGREDIENTS:

- 2 medium sweet potatoes, peeled and cut into 1/2-inch pieces
- 1 medium apple, cored and cut into 1/2-inch pieces (Honeycrisp or Braeburn work wonderfully, although any apple can suit this recipe)
- 1/2 cup reduced-fat sour cream (may also substitute reduced-fat yogurt)
- 1 tsp. lemon juice
- 1 Tbsp. olive oil
- 1 medium shallot, chopped
- 3 cups diced, cooked, skinless turkey breast (or chicken)
- 1 tsp. dried rosemary (1 Tbsp. fresh, chopped)
- Salt and pepper, to taste

DIRECTIONS:

1. Place sweet potatoes in a steamer basket and cook for approximately 10 minutes. Add apple and cook until everything is just tender, about 3 minutes longer. Be sure that they are not overly mushy. Drain and set aside.
2. Transfer 1 cup of the mixture to a large bowl; mash. Stir in sour cream and lemon juice. Add the remaining sweet potato/apple mixture and stir gently to mix.
3. Heat oil in a large skillet over medium-high heat. Add shallot until softened, 1 to 2 minutes. Add turkey (or chicken), rosemary, salt and pepper.
4. Stir mixture occasionally and cook until heated through, about 2 minutes.
5. Add the reserved sweet potato/apple mixture to the pan. Press on the hash with a wide metal spoon or spatula. Cook hash until the bottom is lightly browned, about 3 minutes.
6. Divide into multiple sections with spatula; flip and cook until the bottom sides are browned, about 2 to 3 minutes.
7. Serve promptly.



NUTRITIONAL DATA:

174 calories, 6 grams fat, 2 grams saturated fat, 38 mg cholesterol, 17 grams carbohydrate, 2 grams dietary fiber, 14 grams protein.



Cooking. Comfort. Care. Nourishment for the Pancreatic Cancer Fight provides people diagnosed with pancreatic cancer and their caregivers with a wide range of recipes to make sure they have the resources to make healthy, tasty, memorable dishes for any meal of the day.

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