



THE
Healthy
HOLIDAY COOKBOOK



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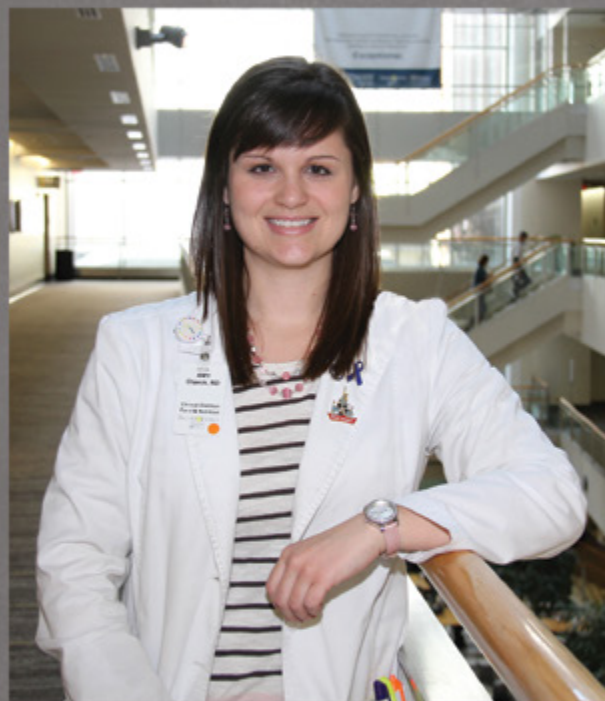


This holiday inspired cookbook provides great recipes that are packed with cancer fighting nutrients. Eating healthily around the holidays can be very difficult with the many parties and treats at work, but it doesn't have to be. Try not to look at foods as "good" or "bad" but opportunities to feed your body the nutrients it needs to stay healthy. A diet that includes a great variety of foods along with fruits and vegetables at every meal or snack is your best defense against fighting cancer.

Fresh, wholesome foods contain antioxidants, phytochemicals and vitamins and minerals that help prevent and fight cancer. Each recipe has one or more of these important components to help you stay healthy. Try some of these recipes for a delicious way to prevent cancer.

When undergoing cancer treatment, eating can be very difficult. There are three recipes in this book that are recommended to combat common side effects such as nausea and difficulty swallowing. Nutrition is key for a faster recovery.

- Amy Glueck, RD, CSO, LD



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Amy developed a passion for nutrition and helping others with cancer after losing her father to cancer.



Pear and Walnut Salad

INGREDIENTS

2/3 cup chopped walnuts, toasted
2 tablespoons white balsamic vinegar
1 1/2 teaspoons Dijon mustard
3 tablespoons extra-virgin olive oil
6 cups torn green leaf lettuce
6 cups chopped romaine lettuce
1 ripe red Anjou pear, thinly sliced
1/4 teaspoon freshly ground black pepper
1/2 cup feta cheese

PREPARATION

1. Combine vinegar and mustard, stirring with a whisk. Gradually add oil, stirring constantly with a whisk.
2. Combine lettuces; top with pear, walnuts and feta. Drizzle dressing evenly over salad. Toss gently to combine.

Cooking tip: Choose your favorite vinaigrette to shorten preparation time. You can also add a variety of other fruits like apples or dried cranberries to increase the antioxidant power in this recipe.

Nutrition Information (1 cup): 162 calories, 13g fat, 8g carbohydrates, 2g fiber, 4g protein, 119mg sodium

Serves: 8 (1 cup)

Nutritional Highlight:

- **Walnuts:** The ultimate nut and a great addition to this salad. These nutrient dense morsels are the only nut to provide omega-3-fatty acids (alpha-linolenic acid). They also are a good source of protein, fiber, magnesium and other antioxidants.
- **Extra Virgin Olive Oil:** Increases the caloric and total fat content of this recipe but also provides great benefits. Olive oils contain oleic acid which provide anti-inflammatory protection while the "extra virgin" precursor just tells one that the oil is finely pressed.
- **Lettuce:** A nutrient packed, low calorie component of this salad. Lettuce provides fiber that keeps you full along with calcium, potassium, Vitamin C, Vitamin A, Vitamin K and antioxidants. These include carotenoids that can help slow the growth of lung, stomach and skin cancers along with certain types of breast cancer cells.
- **Pears:** Often overlooked but add a sweet flavor to this salad. Pears also provide fiber, potassium, Vitamin C and even more cancer fighting phytochemicals.



Cranberry Meatballs

INGREDIENTS

- 1 pound ground turkey
- 1 large egg
- 1/3 cup dry breadcrumbs
- 1/4 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 cup 100% cranberry-apple juice
- 2 tablespoons low sodium soy sauce
- 2 tablespoons honey
- 1 1/2 teaspoons cornstarch
- 2-4 tablespoons sweetened dried cranberries (optional)

PREPARATION

1. Combine turkey, egg, breadcrumbs, salt, pepper, garlic powder, and onion powder in a large bowl. Shape mixture into about 15 (1-inch) balls.
2. Combine the juice, soy sauce and honey in a small bowl. Sprinkle cornstarch on top and whisk together well.
3. Bake meatballs on a cookie sheet (spray first with cooking spray) for 30 minutes at 350 degrees.
4. Place meatballs into a 3.5-quart slow cooker. Pour the juice mixture on top and sprinkle with dried cranberries (optional).
5. Cook on low, covered, for 1.5 hours, or until the meatballs are thoroughly cooked. Remove the lid and finish cooking uncovered for 30 minutes until the sauce has thickened.

Cooking tip: To make ahead, place cooked meatballs in a zip-top plastic freezer bag, and freeze up to 1 month. Thaw in refrigerator, and cook, stirring occasionally, until thoroughly cooked. You may also use pre-made frozen meatballs, but they will likely be higher in sodium.

Nutrition Information (2 meatballs): 177 calories, 6g fat, 17g carbohydrates, 1g fiber, 14g protein, 376mg sodium

Yield: 1 1/2 dozen

Nutritional Highlight:

- **Garlic Powder:** Provides some calcium. Raw garlic is a better source of calcium and cancer fighting components like quercetin that is good for inflammation but the powder is a convenient ingredient in this recipe.
- **Onion Powder:** A good source of calcium, potassium, and Vitamin C. Once again, raw onion is a better source of these nutrients and has a higher concentration of cancer fighting phytochemicals.
- **Cranberries:** A good source of Vitamin C and fiber. They are also very concentrated in antioxidants like flavonoids and polyphenols that have been linked with lower risk of gastrointestinal cancers. This recipe does not contain a high volume of cranberries but you can add them to your morning cereal or enjoy as a snack!



Oven Roasted Sweet Potatoes

INGREDIENTS

- 4 medium sweet potatoes, peeled and cut into 2-inch pieces
- 2 medium sweet onions, cut into 1-inch pieces
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic powder

PREPARATION

1. Preheat oven to 425 degrees.
2. Combine all ingredients in a 13 x 9 inch baking dish. Toss to coat.
3. Bake for 35 minutes or until tender.

Cooking Tip: To avoid crying while cutting your onions try: cutting near an open window, under a thin sheet of water (be careful maneuvering the knife!) or freeze the onion for 10-15 minutes prior to cutting.

Nutrition Information (1 cup serving): 151 calories, 5g fat, 26g carbohydrates, 4g fiber, 2g protein, 57mg sodium.

Serves: 6 (1 cup)

Nutritional Highlight:

- **Sweet Potatoes:** A nutrient dense food packed with fiber, potassium, phosphorous, calcium, magnesium, Vitamin C, Vitamin A and folate. Sweet potatoes also contain beta-carotene, which can help lower the risk of colorectal, esophagel, lung and head and neck cancers.
- **Pecans:** A good source of protein and also contain magnesium, iron, potassium, folate and Vitamin A.
- **Onions:** Provide source of calcium, potassium, and Vitamin C.





Roasted Squash with Barley and Almonds

INGREDIENTS

1 cup quick barley
1/2 small butternut squash, peeled and cut into 1/2-inch pieces (about 2 lb)
1/4 teaspoon kosher salt
1/2 teaspoon pumpkin pie spice
1/8 teaspoon ground black pepper
6 tablespoons olive oil, divided
1/4 cup roasted unsalted almonds, coarsely chopped
3 tablespoons balsamic vinegar
2 tablespoons honey
1 shallot, minced
2 cups chopped radicchio or Belgian endive
1 cup loosely packed fresh flat-leaf parsley leaves
3 ounces crumbled goat cheese (optional)

PREPARATION

1. Boil 2 cups of water and stir barley into water. Cover, reduce heat and simmer for 10 to 12 minutes or until tender. Remove from heat; let stand 5 minutes.
2. Meanwhile, preheat oven to 450 degrees. Toss together squash, salt, pumpkin pie spice, pepper and 2 tablespoons of olive oil in a large bowl. Spread squash in a single layer in a lightly greased cookie sheet and bake 10 to 15 minutes or just until tender. Cool in pan 30 minutes.
3. Stir together almonds, balsamic vinegar, honey, shallot and remaining 1/4 cup olive oil in a small bowl. Add salt to taste. Let stand 10 minutes.
4. Stir together barley, radicchio, and parsley in a medium bowl. Spoon desired amount of almond vinaigrette over barley; toss to coat. Transfer to a serving platter. Top with roasted squash and, if desired, goat cheese. Serve with remaining vinaigrette.

Cooking tip: To shorten the ingredient list and time use your favorite balsamic vinaigrette. Choosing quick barley at the store also shortens your cooking time. The dish pictured in this recipe was made using yellow squash. You can substitute any squash you like or have available for the butternut.

Nutrition Information (3/4 cup): 244 calories, 16g fat, 26g carbohydrate, 6g fiber, 5g protein, 136mg sodium,

Serves: 8 (3/4 cup)

Nutritional Highlight:

- *Barley:* A good source of fiber and also contains phosphorous, potassium and niacin.
- *Squash:* A very versatile vegetable packed with fiber, potassium, Vitamin C, and Vitamin A. Squash also contains canotenoids, which may lower the risk of colorectal, esophageal, lung and head and neck cancers.
- *Almonds:* A great source of protein and fiber.



Apple Cider Glazed Turkey

INGREDIENTS

Turkey:
4-5 pounds turkey breast
1/4 cup sage leaves, minced
1/2 stick unsalted butter
1 teaspoon pepper
1/2 medium onion
3 cloves garlic
2 cups spiced apple cider
1 tablespoon honey

Gravy:
2 tablespoons flour
1 tablespoon apple cider vinegar
2 tablespoons 2% milk
1/4 cup spiced apple cider

PREPARATION

1. Preheat the oven to 325 degrees. In a roast pan, place the turkey breast with breast side up.
2. In a food processor, combine butter, sage, pepper, onion, and garlic. Process to make a paste. Gently loosen the skin from the meat with your fingers and smear half of the paste underneath the skin. Spread the remaining paste evenly on the skin.
3. In a sauce pan boil 1 1/2 cups spiced apple cider with honey. Let this reduce to 1/2 cup. Note this will become the consistency of syrup when it cools.
4. Pour 1/2 cup spiced apple cider into the bottom of the roasting pan. Brush turkey breast with apple cider glaze just made.
5. Roast the turkey for 1 1/2 to 2 hours, turning half-way and basting again with glaze, until the skin is golden brown. If apple cider has evaporated at half-way cooking time add water to cover bottom of roasting pan. The pan will be very hot so be careful doing this! Use an instant-read thermometer and roast until turkey reaches 165 degrees in the thickest part of the breast. If the skin is over-browning, tent with aluminum foil. When the turkey is done, transfer to a platter and cover with foil and allow it to rest at room temperature for 15 - 20 minutes.
6. Strain the drippings from the turkey into a sauce pan. Over medium heat, add flour and whisk together. Excess grease will form separately and you can carefully pour out the excess grease. Return to heat and whisk in vinegar and milk. Add apple cider until you reach desired consistency.
7. Slice turkey breast and serve with gravy.

Cooking Tip: If your turkey breast is frozen be sure to thaw in a safe way. Either place in the refrigerator or use cold water. In the refrigerator, place turkey in a drip-free container 24 hours ahead.

Nutrition Information: 340 calories, 15g fat, 16g carbohydrates, 1g fiber, 39g protein, 567mg sodium

Serves: 6-8

Nutrition Highlight:

- *Onions:* A good source of calcium, potassium, and Vitamin C. Onions and garlic belong to the allium family, which has shown to slow the development of stomach, breast, esophageal, colon and lung cancers in animal studies.
- *Garlic:* Provides some calcium along with cancer fighting antioxidants like quercetin.



Maple Pecan Salmon



INGREDIENTS

2 pounds salmon fillets
2 tablespoons unsalted butter
1/3 cup pure maple syrup
1 tablespoon reduced-sodium soy sauce
1/2 teaspoon ground mustard
1/2 teaspoon garlic powder
1/4 teaspoon pepper
1/2 cup pecans
2 Lemon wedges to serve with

PREPARATION

1. In a medium saucepan, melt the butter. Stir in the maple syrup, soy sauce, mustard, pepper, and ground mustard. Stir over medium heat until the mixture is warmed through, 3-4 minutes. Remove from the heat and let cool to room temperature.
2. While the marinade is cooling, preheat the oven to 350 degrees. Pour pecans onto a baking sheet and bake for 5 minutes. Once pecans have cooled to room temperature chop finely.
3. Place the salmon fillets in a gallon-sized ziploc bag. Pour the maple marinade over the salmon, coating the salmon pieces evenly. Seal the bag and refrigerate for 30 minutes or up to 4 hours.
4. Preheat the oven to 325 degrees. Line a baking sheet with foil and lightly spray with nonstick cooking spray.
5. Place the toasted, chopped pecans on a plate or shallow pie dish. Remove the salmon from the refrigerator. Dip the top side of each salmon fillet in the pecan crumbs pressing the salmon lightly into the pecans so they adhere to the top of the salmon. Place the fillets pecan-side up on the prepared baking sheet.
6. Bake the salmon for 20-22 minutes until cooked through but still tender inside (not overcooked). The salmon should flake easily with a fork but still be soft and not dry.
7. Serve immediately with fresh lemon wedges if desired.

Cooking Tip: The longer you allow the fish to marinate in the maple mixture the more flavorful it will be!

Nutrition Information (4 oz. fillet): 243 calories, 11g fat, 15g carbohydrates, 1g fiber, 22g protein, 345mg sodium

Serves: 6

Nutritional Highlight:

- *Salmon:* A great source of protein, omega-3 fatty acids, selenium, and Vitamin B12. Try to choose wild caught salmon to be more sustainable for our environment.
- *Pecans:* A good source of protein and also contain magnesium, iron, potassium, folate and Vitamin A.

Fruit Skewers with Yogurt Dip



INGREDIENTS

Skewers:
2 clementines peeled and cut into 8 segments
1 cup fresh strawberries, cut into halves
1 cup grapes
1 large banana, cut into slices
8 – 6-inch skewers

Dip:
1 cup plain yogurt, fat free
1 tablespoon honey
1/4 teaspoon ground cinnamon

PREPARATION

1. Place equal amounts of fruits onto each skewer.
2. Mix all yogurt, honey and cinnamon for dip.
3. Serve skewers with dip on the side.

Cooking Tip: Try pureeing your favorite fruit and mixing into the dip to add more flavor.

Nutrition Information (2 skewers): 115 calories, 0g fat, 27g carbohydrate, 3g fiber, 4g protein, 49mg sodium

Serves: 4

Nutritional Highlight:

- *Clementines:* In season during the winter months. Clementines are a good source of fiber, potassium and Vitamin C.
- *Strawberries:* A good source of fiber, potassium, Vitamin C and Vitamin A. A variety of berries includes ellagic acid which has been found helpful in the prevention of skin, breast, bladder, lung and esophageal cancers.
- *Grapes:* Contain fiber, Vitamin A, Vitamin C and phosphorous.
- *Bananas:* Provide fiber, Vitamin A, Vitamin C, potassium and folate.
- *Yogurt:* A good source of calcium.

Mini Pumpkin Pies

INGREDIENTS

1-15 oz. canned pumpkin puree (not pumpkin pie mix)
1/4 cup sugar
1/2 cup evaporated milk
1/2 cup unsweetened applesauce
2 teaspoons ground cinnamon
2 teaspoons vanilla extract
1/3 cup white flour
1/4 teaspoon salt
1/4 teaspoon baking powder
1/4 teaspoon baking soda
2 eggs
1 cup whipped topping



PREPARATION

1. Preheat oven to 350 degrees.
2. Grease muffin tin with cooking spray or use muffin liners.
3. Mix pumpkin, applesauce and sugar together in mixer and a whisk. Add eggs, vanilla and evaporated milk.
4. Add flour, cinnamon, salt, baking powder and baking soda.
5. Fill up muffin cups with 1/2 of mixture.
6. Place in oven and bake for 25 minutes.
7. Remove from oven and cool 20 minutes. Place in refrigerator until completely cooled.
8. Top with whipped topping.

Cooking Tip: Use a toothpick to test for doneness. The toothpick should come out clean without any dough. Using applesauce in this recipe cuts out 1/2 cup of sugar.

Nutritional Information (1 mini pie): 78 calories, 2g fat, 12g carbohydrate, 2g fiber, 2g protein, 87mg sodium

Serves: 15 (1 mini pie)

Nutritional Highlight:

• *Pumpkin:* A versatile fruit that is packed with fiber, Vitamin A, potassium, Vitamin C and cancer fighting phytochemicals like lutein and carotene.

Symptom Control Recipes

The following recipes have been created for people undergoing cancer treatment. Cancer treatments and cancer itself can make it very difficult to eat. These are three recipes that can help a person get around common symptoms so that they can get the nutrition they need to stay strong during treatment.



Ginger Honey Tea

INGREDIENTS

1 cup water
1 (1-inch piece) fresh ginger, peeled and thinly sliced
1 tea bag
1 tablespoon honey

PREPARATION

1. Combine water and ginger in a saucepan over low heat. Simmer for 5 minutes. Remove from heat, cover and let sit for 5 minutes.
2. Strain liquid into a cup. Add tea bag and honey then let sit for another 3-5 minutes.

Nutrition Information (per cup): 70 calories, 0g fat, 18g carbohydrate, 0g protein, 15mg sodium

Serves: 1

Symptom Control: Nausea



Trail Mix

INGREDIENTS

2 cups air-popped popcorn
1 cup cereal (Mini Wheats, granola)
1/2 cup roasted almonds or pecans
1/2 cup dried apricots
1/2 cup dried cherries or raisins
1/2 cup dried sweetened cranberries
1/2 cup sunflower seeds

PREPARATION

1. Combine all ingredients into a container with an airtight lid.

Cooking Tip: Roast the nuts in the oven at 350 degrees for 5 minutes to enhance the flavor.

Nutrition Information (per 1/2 cup): 150 calories, 6g fat, 23g carbohydrate, 3g fiber, 4g protein, 55mg sodium.

Serves: 11 (1/2 cup)

Symptom Control: Taste Changes



Tutti-Fruity Smoothie

INGREDIENTS

1 banana, sliced
1/2 cup fresh or frozen blueberries
1/4 cup fresh or frozen strawberries
3/4 cup whole milk
1/2 cup juice (pomegranate, grape, cranberry)
1/2 cup vanilla frozen yogurt or pineapple sherbet

PREPARATION

1. Combine all ingredients into a blender and blend until smooth.

Cooking Tip: To add more protein try adding a serving of whey protein powder to the smoothie.

Nutrition Information: 224 calories, 3g fat, 47g carbohydrates, 3g fiber, 4g protein, 58mg sodium

Serves: 2

Symptom Control: Difficulty Swallowing