

# Cancer and Nutrition

## Recipes for Health

The optimal diet for cancer patients and survivors is high in fruits and vegetables, whole grains, legumes, lean protein sources, and foods rich in healthy fats from sources like avocado, nuts, seeds, fatty fish, and extra-virgin olive oil.

It's easy to prepare healthy meals that fit these recommendations. Use the following recipes to help accomplish your daily cancer-fighting nutrition goals!

### Squash and Spinach Salad

4-6 servings

The main ingredients in this salad are winter squash and spinach, which make a great combination of sweet and hearty and light and crisp. This salad is topped with a fresh lemon vinaigrette and toasted almonds.

#### Ingredients:

- 1 large acorn squash, cut into 2" slices
- 6 Tablespoons extra virgin olive oil, divided
- 1/2 cup slivered almonds
- 1 package (~5 cups) spinach
- 1 lemon, juiced (~2 Tablespoons of juice)
- Pinch of salt and pepper

#### Preparation:

1. Pre-heat oven to 425° F. Rub squash slices with 1 tablespoon oil. Sprinkle with salt and pepper. Place on baking sheet skin side down. Bake in the oven for about 30 minutes or until a knife can easily pierce.
2. Heat small sauté pan to medium-low heat. Add 1 tablespoon of oil. Sauté almonds for 3-5 minutes, stirring frequently to avoid burning.
3. When squash is cooked, peel off skin and cut into chunks. In a large bowl, combine squash with spinach and almonds.
4. Whisk lemon juice and remaining olive oil together in a small bowl. Add salt and pepper to taste. Pour dressing over salad and toss to combine.

### Healthy Fruit Crisp

4-6 servings

The most common ingredient in most desserts is a lot of sugar. This recipe not only cuts the amount sugar traditionally used in a fruit crisp, but also adds healthy fats from walnuts and contains plenty of oats for fiber!

#### Ingredients:

- 4 apples, pears, or peaches
- 1/3 cup whole wheat flour
- 1 cup old fashioned oats
- 1 1/2 Tablespoons butter
- 1/4 cup brown sugar
- 1/4 cup chopped walnuts
- 1 Tablespoon cinnamon
- 1/2 Tablespoon nutmeg
- Plain Greek yogurt (optional)

#### Preparation:

1. Pre-heat the oven to 350° F.
2. Cut the fruit into small, bite-sized pieces.
3. In a bowl, mix fruit with whole wheat flour. Pour into baking dish.
4. In the same bowl, mix oats, butter, brown sugar, walnuts, cinnamon and nutmeg.
5. Spoon on top of the apple and pear mixture. Bake in the oven for 30-45 minutes.
6. Serve with a dollop of plain Greek yogurt and a sprinkle of cinnamon.



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### White Bean and Basil Dip

6 servings

Try this fast and delicious white bean dip spiked with fresh herbs. It uses white beans, which are creamy in texture and high in protein and fiber, and fresh basil which is packed with vitamin K!

#### Ingredients:

- 1, 15 oz. can of cannellini beans, rinsed
- 3-4 cloves of garlic
- 2 Tablespoons fresh lemon juice
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 4-6 large basil leaves, or other fresh herbs of choice
- 3 Tablespoons extra virgin olive oil



#### Serving Suggestion:

Try with sliced cucumbers, carrots and kohlrabi, or any vegetables you have on hand. Also great with whole wheat pita!

#### Preparation:

1. In a food processor, add beans, garlic, lemon juice, salt and pepper.
2. Pulse a few times until it looks roughly chopped.
3. Add olive oil while the machine is running until it looks smooth and creamy.
4. If the dip is too thick for your taste, add a few tablespoons of water and blend again.
5. Taste, adding more lemon, salt, pepper, or herbs until the dip tastes just how you like it!

#### For more information about cancer and nutrition visit:

- The American Cancer Society, [www.cancer.org](http://www.cancer.org)
- Academy of Nutrition and Dietetics, [www.eatright.org](http://www.eatright.org)
- The American Institute for Cancer Research, [www.aicr.org](http://www.aicr.org)

### Community Servings — A Home-Delivered Meals Program

Community Servings delivers nutritious meals to homebound individuals and families in Eastern Massachusetts living with a critical illness. To learn more about becoming a Community Servings client or volunteer, visit [servings.org](http://servings.org) or call **617-522-7777**.



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