PATIENT & CAREGIVER EDUCATION

Healthy FOOD Program Recipes

This information lists healthy recipes you can make with the food items in your FOOD Program bag.

Roasted Chickpeas

Serves: 2 to 3 people
Time to prepare: 25 to 30 minutes
Time to cook: 20 minutes

Ingredients:

- 1 (15 ounce) can of chickpeas, rinsed and drained (pat them dry on a kitchen towel)
- 2 tablespoons of oil
- Salt and pepper to season
- Other seasonings or spices you'd like to add, such as cumin or paprika.

Instructions:

1. Preheat your oven to 400 °F.
2. Mix all of the ingredients together in a large bowl. You can add other dried spices, such as cumin or paprika, to add flavor.
3. After mixing, spread the chickpeas evenly on a baking sheet.
4. Roast for 20 minutes until crispy.

Savory Oatmeal

Serves: 1 person
Time: 5 minutes

Ingredients:

- ½ cup of instant oatmeal
- ½ cup of water
- 1 to 2 teaspoons of olive oil
- Pinch of salt
- Pinch of black pepper

Instructions:

1. Place oatmeal in a bowl.
2. Boil water.
3. Add small amounts of boiled water to the oatmeal and stir. Keep adding water and stirring until the oatmeal has absorbed the water but is still thick.
4. Add olive oil.
5. Add a pinch of salt and black pepper to taste.

Peanut Butter Oatmeal

Serves: 1 person
Time: 5 minutes

Ingredients:

- ½ cup of instant oatmeal
- ½ to 1 cup of water
- 1 tablespoon of peanut butter
- ½ banana (optional)

- ¼ cup of low-fat milk (dairy or non-dairy) (optional)

Instructions:

1. Place oatmeal in a bowl.
2. Boil water.
3. Add small amounts of boiled water to the oatmeal and stir. Keep adding water and stirring until the oatmeal has absorbed the water but is still thick.
4. Add 1 tablespoon of peanut butter and mix it into the oatmeal.
5. Add ½ banana and milk if you would like.

Applesauce Quinoa

Serves: 1 person
Time: 5 minutes (plus 15-minute cooking time for quinoa)

Ingredients:

- 1 cup of cooked quinoa (rinse, then follow the directions on the package)
- 2 tablespoons of unsweetened applesauce
- ¼ cup of Low-fat milk (dairy or non-dairy milk)
- Cinnamon (optional)
- Favorite fruit (optional)

Instructions:

1. Place cooked quinoa in a bowl.
2. Mix in a few large spoonfuls of unsweetened applesauce.
3. Add milk, cinnamon, and your favorite fruit to the top.

Quinoa Salad

Serves: 4 people
Time: 10 minutes (plus cooking time for quinoa)

Ingredients:

- 2 tablespoons olive oil
- 2 tablespoons lemon juice (1 lemon)
- 1 tablespoon honey
- 2 cups of cooked quinoa*
- 3 cups of berries (or favorite fruit)
- 1 cup of baby spinach (or favorite greens)
- ½ cup of your favorite seeds or nuts
- 12 ounce canned of chicken or tuna, drained (optional)

Instructions:

1. Mix together olive oil, lemon juice, and honey to make your dressing.
2. In a separate bowl, mix the remaining ingredients (except for the chicken or tuna), with your dressing.
3. Place the mixed ingredients in the fridge until you're ready to serve.
4. If you'd like, add chicken or tuna to your salad.

* To cook quinoa, rinse it under water, then follow the directions on the package.

Colorful Bean and Vegetable Salad

Serves 4 to 6 people
Time: 5 minutes

Ingredients:

- 2 (15 oz) cans of beans
- 2 (15 oz) cans of vegetables (such as carrots and string beans)
- 3 tablespoons of olive oil (or to taste)
- 3 tablespoons of vinegar, such as balsamic (or to taste)
- Pepper to taste
- Pinch of salt (optional)

Instructions:

1. Drain and rinse the beans and canned vegetables.
2. Place them in a bowl.
3. Add olive oil and vinegar.
4. Add salt and pepper as needed.
5. Mix the ingredients and serve.

Tip: You can also cover and chill the mixture for several hours.

Tuna and Brown Rice Salad

Serves: 1 person
Time: 5 minutes (plus cooking time for rice/quinoa)

Ingredients:

- 1 tablespoon vinegar (such as red wine vinegar)
- 2 teaspoons oil (such as canola or olive oil)
- ¾ cup of cooked brown rice or quinoa (rinse, then follow the directions on the package)
- 3 ounces of drained tuna
- 1 cup of your favorite vegetables (canned, frozen or fresh), such as cucumber, carrots, or string beans
- 1 tablespoon sweet pickle relish (optional)

Instructions:

1. In a bowl, mix together the relish (if using), vinegar, oil, and mustard to make your dressing.
2. In a separate bowl, mix together the rice or quinoa, tuna, and vegetables.
3. Add dressing and stir to combine the ingredients.
4. Cover and place in the refrigerator for 15 minutes.

Food and Nutrition Resources

For information about FOOD program activities, contact Julia Ramirez at ramirej1@mskcc.org.

For information about other food resources in your area, read *Food Resources in New York and New Jersey* (www.mskcc.org/pe/food-resources).

For information about food safety, read *Food Safety During Cancer Treatment* (www.mskcc.org/pe/food-safety).

If you have questions about your diet, you can contact a Clinical Dietitian Nutritionist or call Memorial Sloan Kettering's (MSK's) Nutrition Department at 212-639-7312.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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