

High-protein vegetarian sample menus

Cancer and treatments can increase your need for protein in your meals. If you are a vegetarian, you may find it helpful to plan your menus in advance to make sure you include enough healthy protein. Milk, cheese, nuts, beans, and tofu are good sources of protein. You can also try tempeh, veggie burgers, and other meat substitutes. Vegetables also have 3 grams of protein per serving.

If you struggle to get enough protein through food alone, a protein supplement may be useful. Protein supplements are found both in powder and liquid form. Protein powder can be mixed into a milkshake, milk, smoothies, juices, other beverages, foods, desserts, and side dishes. Also, liquid protein can be purchased in ready-to-drink liquid nutrition supplements or protein drinks. Ask your healthcare team for a referral to a registered dietitian who can suggest which protein supplement is appropriate for you. A registered dietitian can also help you plan meals and snacks within your lifestyle.

The Nutrition Education Services Center's registered dietitians have developed these three sample menus that each provides about 150 grams of protein a day.

High-protein vegetarian menu: day 1

MEAL	SUGGESTED ITEMS	NOTES
BREAKFAST Protein 31 grams	<u>Confetti Breakfast Burrito*</u> 4 slices veggie "bacon" 1/2 cup fruit 2 tsp. canola oil or margarine 8 oz. milk	To add extra protein, stir a scoop of protein powder (about 6 grams) into scrambled eggs.
MORNING SNACK Protein 20 grams	1 protein bar 8 oz. beverage	Look for protein bars at the grocery, drug store, or health food store. Stir a scoop of protein powder into beverage.
LUNCH Protein 35 grams	3 oz. veggie burger with hamburger bun 1/2 cup <u>Black Bean and Corn Salad*</u> 2 tsp. canola oil, salad dressing, or margarine 1/2 cup mandarin orange sections 6 oz. pudding or custard 8 oz. tea	Stir a scoop of protein powder if needed into creamy items like yogurt and pudding. Try yogurt with live and active cultures.
AFTERNOON SNACK Protein 17 grams	8 oz. creamy Greek yogurt and 1 scoop protein powder 8-10 animal crackers 8 oz. lemonade	Add a scoop of protein powder to yogurt or beverage for extra protein.
DINNER Protein 36 grams	<u>Bean and Vegetable Enchilada Casserole*</u> 10-12 tortilla chips 1/2 cup salsa 2 Tbsp. sour cream 2 <u>Chocolate Peanut Butter Balls*</u> 8 oz. milk	Choose low fat cheese for a heart-healthy menu. Add a protein powder to sour cream or to milk if needed.
BEDTIME SNACK Protein 19 grams	smoothie: 8 oz. high-protein liquid nutrition supplement and 1 scoop powder with 2 Tbsp. strawberry syrup and ½ banana	Freeze the beverage in a cup for a treat that tastes like ice cream. Blend the supplement with sliced fruit, 1 scoop protein powder, syrup, and 2-3 ice cubes for a bedtime smoothie.

*Denotes a recipe on BloodCancerUnitedNutrition.org

High-protein vegetarian menu: day 2

MEAL	SUGGESTED ITEMS	NOTES
BREAKFAST Protein 22 grams	<u>Zucchini and Onion Frittata*</u> 1 orange 2 tsp. canola oil or margarine 8 oz. milk	To add extra protein, stir a scoop of protein powder (about 6 grams) into milk.
MORNING SNACK Protein 20 grams	1 cup trail mix: nuts, high-protein dry cereal, dried fruit, and sunflower seeds 8 oz. beverage	Make your own trail mix with favorite nuts, cereals, and dried fruit. Buy trail mix at the grocery or health food store.
LUNCH Protein 37 grams	club sandwich: 3 oz. tempeh or soy-based deli slices, sliced tomatoes, lettuce, avocado, 2 tsp. salad dressing or mayonnaise on a hoagie roll <u>2 Chocolate Chip Cookies*</u> 8 oz. tea	Tempeh is a soy product that can be purchased pre-sliced in many flavors.
AFTERNOON SNACK Protein 17 grams	1/2 cup cottage cheese 3 graham crackers 1/2 cup berries	Add a scoop of protein powder to cottage cheese if needed.
DINNER Protein 42 grams	2 cups <u>Stir Fry Portobello Salad*</u> 1/2 cup <u>Roasted Edamame*</u> 1 cup cooked rice with cheese 1 Tbsp. oil or margarine 8 oz. Greek yogurt with toppings 8 oz. milk	Make a yogurt parfait by adding chopped nuts, granola, and sliced fruit. Add a protein powder to yogurt if needed.
BEDTIME SNACK Protein 21 grams	<u>Apricot Pecan Bars*</u> 8 oz. high-protein liquid nutrition supplement with one scoop of protein powder	Freeze the beverage in a cup for a treat that tastes like ice cream. Stir in a scoop of protein powder for extra protein.

*Denotes a recipe on BloodCancerUnitedNutrition.org

High-protein vegetarian menu: day 3

MEAL	SUGGESTED ITEMS	NOTES
BREAKFAST Protein 38 grams	<u><i>Baked Oatmeal*</i></u> 2 oz. veggie sausage patties 1 slice toast ½ cup sliced apples 2 tsp. canola oil or margarine 8 oz. milk	To add extra protein, stir extra scoop of protein powder (about 6 grams) into oats.
MORNING SNACK Protein 16 grams	2 oz. cheddar cheese 6 crackers 8 oz. juice or beverage	Stir a scoop of protein powder into juice if extra protein is needed.
LUNCH Protein 26 grams	egg salad with protein powder, sliced tomato, lettuce, and pickles, on 2 slices whole wheat bread 2 Tbsp. hummus and carrot sticks 1/2 cup sherbet fig cookies 8 oz. fruit tea	Stir a scoop of protein powder into salad.
AFTERNOON SNACK Protein 16 grams	<u><i>Berry Parfait with Lemon Curd Dip*</i></u> 3 ginger snap cookies 8 oz. beverage with scoop of protein powder	Give your parfait a boost with a scoop of protein powder for extra protein.
DINNER Protein 42 grams	<u><i>Cheesy Eggplant Casserole*</i></u> tossed salad with dressing 3/4 cup steamed broccoli <u><i>White Bean Pasta*</i></u> cornbread 1 Tbsp. oil or margarine 8 oz. milk 1 cup sliced fruit or melon	Use low-fat cheese for heart health. Add a protein powder to milk if needed.
BEDTIME SNACK Protein 17 grams	8 oz. high-protein liquid nutrition supplement and 1 scoop protein powder <u><i>Pumpkin-Orange Muffin*</i></u> 1 Tbsp. cream cheese 1 Tbsp. jelly	Spread cream cheese and jelly on muffin.

*Denotes a recipe on BloodCancerUnitedNutrition.org

Confetti breakfast burritos

Whip up this easy, yet tasty breakfast recipe for the entire family.

INGREDIENTS

- 2 large eggs
- 4 egg whites
- 2 tsp. olive oil
- 1 medium tomato, seeded and chopped
- 1/4 cup diced green pepper
- 1/4 cup diced red pepper
- 1/4 cup diced yellow squash
- 1/4 cup chopped green onion
- Salt and freshly ground black pepper, to taste
- Cayenne pepper, to taste (optional)
- 4 Tbsp. soy bacon bits (or to taste)
- 4 flour tortillas, preferably whole wheat, room temperature or warmed

DIRECTIONS

In medium bowl, beat eggs with egg whites. Set aside.

Heat olive oil in nonstick skillet over medium heat. When oil is hot, add tomato, peppers, squash and onion. Cook 3 minutes, stirring constantly. Add eggs and scramble with a fork or spoon. Add salt, pepper and cayenne, if using.

When eggs are cooked, stir in soy bacon bits. Divide eggs evenly onto tortillas. Roll up tightly, burrito style, and serve immediately.

Makes 4 servings. Per serving: 202 calories, 8 g fat (1 g saturated fat), 26 g carbohydrate, 13 g protein, 4 g dietary fiber, 471 mg sodium.

Recipe from the **American Institute for Cancer Research**



Black bean and corn salad

This combination of sweet corn, black beans, tomatoes, peppers, and limes is packed with flavor and nutrients!

This delicious salad is great for a summer get-together as a side dish or dip. You could also mix in whole grain quinoa for a complete, balanced, high protein meal.

This recipe is from the American Cancer Society's *The Great American Eat Right Cookbook*.



INGREDIENTS

- 2 (15-ounce) cans black beans, rinsed and drained
- 1 cup fresh, frozen, or canned no-salt-added corn, drained
- 1 tomato, chopped
- 1 red, yellow, or green bell pepper, seeded and chopped
- ½ small red onion, chopped
- 1 jalapeño, seeded and finely chopped
- 2 tablespoons fresh lime juice
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- Salt and freshly ground black pepper
- ¼ cup chopped fresh cilantro

DIRECTIONS

In a bowl, combine black beans, corn, tomato, bell pepper, onion, and jalapeño. In a bowl, combine lime juice, oil, and cumin and drizzle over bean mixture. Season with salt and pepper and sprinkle with cilantro.

Per Serving: Calories: 125, Total Fat 2.5 g, Saturated Fat: 0.4 g, Trans Fat: 0 g, Sodium: 80 mg, Total Carbohydrate: 20 g, Dietary Fiber: 7 g, Sugars: 5 g, Protein: 6 g

Bean and vegetable enchilada casserole

A delicious vegetarian dish with Mexican flair.

INGREDIENTS

- 1 medium bell pepper, chopped
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 Tbsp. canola oil
- 1 can (14 oz.) black beans, drained and rinsed
- 1 can (14 oz.) pinto beans, drained and rinsed
- 1 package (16 oz.) frozen corn, thawed
- 1 can (28 oz.) pureed or crushed tomatoes
- 1 Tbsp. chili powder
- 1/2 tsp. ground cumin
- Dash of hot sauce, to taste
- Salt and freshly ground pepper, to taste
- 12 corn tortillas
- 1 cup grated reduced-fat Jack cheese



DIRECTIONS

Preheat oven to 350 degrees. In large saucepan, heat oil over medium heat and saute bell pepper, onion and garlic for five minutes. Add beans, corn, tomatoes and seasonings, including salt and pepper, if desired. Reduce heat to low and simmer for 15 minutes.

Assemble casserole in 9 x 13-inch baking dish. Cover bottom with one-third of bean mixture. Layer six tortillas on top of beans. Repeat once more, ending with bean mixture on top. Sprinkle cheese on top and bake until hot and bubbly, about 30-40 minutes.

Makes 8 servings. Per serving: 320 calories, 7 g total fat (2 g saturated fat), 53 g carbohydrates, 15 g protein, 11 g dietary fiber, 677 mg sodium.

Recipe from the **American Institute for Cancer Research**



Chocolate peanut butter balls

Sometimes maintaining a healthy weight through cancer treatment can be difficult. Weight loss is a common side effect. Adding protein powder to your diet can help you maintain a healthy weight. For a fun, sweet way to add protein to your diet, try these Chocolate Peanut Butter Balls.* They are a perfect snack to take to treatment or a great after-dinner treat.



INGREDIENTS

- Reduced fat creamy peanut butter
- 6 tbsp. Chocolate flavored protein powder
- Optional add-ins:
 - Dried fruit
 - Cinnamon
 - Nutmeg
 - Pecans
 - Walnuts
 - Almonds

DIRECTIONS

Add $\frac{3}{4}$ cup of reduced fat peanut butter to a mixing bowl.

Add 6 tbsp. of chocolate flavored protein powder. Add two tbsp. at a time, stirring between each addition. Stir until mixture is a dough consistency.

Add optional add-ins if desired and mix well. Roll dough into 11 balls. Place on wax paper.

Freeze overnight.

Store in freezer or refrigerator until ready to eat.

Per 1 ball serving: 10g protein, 9g carbohydrates, 6.5g fat, 3g sugar, 131 calories.

Disclaimer: If you have diabetes or are watching your sugar intake, please eat sparingly and use discretion.

*Adapted from UNJURY's recipe for Chocolate Peanut Butter Balls.

Zucchini and onion frittata

INGREDIENTS

- Cooking spray, preferably olive oil
- 1/2 cup finely chopped onion
- 1 tsp. finely chopped garlic
- 8 oz. zucchini, cut into 1/8-inch rounds
- 4 large eggs
- 2 large egg whites
- 2 Tbsp. grated Parmesan cheese
- 1/2 tsp. salt
- Ground black pepper
- 1/4 cup fresh basil, cut cross-wise into thin slices
- 1 Tbsp. extra virgin olive oil



DIRECTIONS

Coat pan heavily with cooking spray and set over medium-high heat. Sauté onion until golden, 3-4 minutes. Mix in garlic and cook 1-2 minutes, until onion is lightly browned. Transfer contents of pan to plate to cool.

Coat pan again with cooking spray and return to heat. Add zucchini and cook until slices look moist and translucent. Using tongs, keep spreading and turning zucchini to brown slices on both sides, 8-10 minutes, adding to onion mixture as zucchini slices brown. Wipe out the pan.

In mixing bowl, whisk eggs and whites until well combined. Mix in cheese, salt and pepper. Add vegetables and basil, and mix with fork to combine with eggs.

Add oil to pan and tilt pan to swirl oil around sides. Set pan over medium-high heat. Pour in egg mixture, spreading zucchini and onion in an even layer. As eggs start to set, use wide spatula to lift frittata around edges while tilting pan slightly so liquid egg flows out and under the edges. Cook until frittata is browned on bottom and set except in center, about 8 minutes. Off heat, invert large plate over pan. Pressing it firmly in place against the pan, invert the two so frittata falls from pan onto plate. Slide frittata back into pan and cook to lightly brown bottom, 1-2 minutes longer. Slide frittata onto serving plate.

Serve immediately, or cool frittata to room temperature before serving. This frittata also can be covered and refrigerated overnight. Cut into 4 wedges, and serve.

Makes 4 servings.

Per serving: 138 calories, 9 g fat, 5 g carbohydrate, 9 g protein, 14 g dietary fiber, and 419 mg sodium.

Recipe from the **American Institute for Cancer Research**



Chocolate chip cookies

Even cookie connoisseurs approve this health-conscious treat.

INGREDIENTS

Nonstick cooking spray
1/4 cup packed brown sugar
3 Tbsp. granulated sugar
3 Tbsp. butter or margarine
1/2 tsp. vanilla extract
1 large egg
3 Tbsp. water
3/4 cup all-purpose flour
1/2 cup “white” whole-wheat flour (see note)
1/3 cup toasted wheat germ
3/4 tsp. baking soda
1/4 tsp. salt
1/2 cup semisweet mini chocolate chips



DIRECTIONS

Preheat oven to 350 degrees. Lightly spray baking sheet with nonstick spray. In medium bowl, cream sugars with butter or margarine. Stir in vanilla, egg and water. Sift together flours, toasted wheat germ, baking soda and salt; stir into creamed mixture. Stir in mini chocolate chips. Drop dough by heaping teaspoonfuls onto baking sheet and flatten slightly with fork. Bake 10-12 minutes. Allow cookies to cool for a few minutes on baking sheet before removing to cool completely on wire racks.

Note: “White” whole wheat flour has a milder flavor than regular whole wheat flour. It is available in most supermarkets and whole food markets.

Makes 24 cookies. Per cookie: 73 calories, 3 g total fat (1 g saturated fat), 12 g carbohydrates, 2 g protein, 1 g dietary fiber, 68 mg sodium.

Recipe from the **American Institute for Cancer Research**



Stir fry portobello salad

This salad is loaded with veggies and the portobello mushrooms are a great substitute for meat in this dish! Did you know that eating a mostly plant based diet can help lower your risk for colorectal cancers and cardiovascular disease? Give this vegetarian option a try, it's so delicious, you won't even miss the steak!

INGREDIENTS

Salad:

- 1 Tbsp. peanut oil, divided (canola oil may be substituted)
- 1 carrot, sliced thin diagonally
- 1 red bell pepper, chopped coarsely
- 1 cup fresh snow peas (frozen may be substituted)
- Salt and freshly ground pepper to taste
- 4 Portobello mushrooms, sliced into 1/2 inch strips
- 1 clove garlic, minced
- 2 Tbsp. low-sodium soy sauce
- 1 tsp. sugar (optional)
- 1/4 tsp. sesame oil
- 1 tsp. fresh ginger, grated
- 1 package of your favorite salad mix, about 4 cups packed
- 2 tsp. sesame seeds, toasted

DIRECTIONS

1. Heat 1/2 tablespoon peanut oil in large skillet or wok over medium heat. Add carrots and cook 2-3 minutes, tossing and stirring. Add red pepper, snow peas, and salt and pepper and continue to toss and cook an additional 2-3 minutes. Remove from pan and set aside.
2. Add the remaining 1/2 tablespoon peanut oil, using the same pan. Add Portobello strips and garlic and stir fry to desired doneness. Reduce heat to low and add soy sauce, sugar, sesame oil and ginger. Mix and toss quickly to coat the Portobello.
3. Turn off heat. Add the cooked veggies back in and give mixture another quick toss.
4. Place salad mix on 4 plates. Drizzle with dressing. Divide the Portobello/veggie mix; place on top of salad. Sprinkle with sesame seeds and serve.

Nutrition Facts: 122 calories, 5 g total fat (1 g saturated fat), 21 g carbohydrate, 6 g protein, 5 g dietary fiber, 394 mg sodium.

Recipe from the **American Institute for Cancer Research**



Dressing:

- 3 Tbsp. rice vinegar
- 1 1/2 tsp. low-sodium soy sauce
- 1 1/2 Tbsp. sesame oil
- 1 tsp. fresh ginger, grated
- 1 small clove garlic, minced
- Freshly ground pepper to taste

Place all ingredients in mixing bowl. Whisk thoroughly until fully combined. Let stand for 15 minutes to allow flavors to mingle. Whisk again before serving.

Roasted edamame

Edamame are green soy beans and are a great source of isoflavones or phytochemicals which have cancer fighting properties. These power foods are also packed full of protein, high in fiber, and low in fat. You can try this delicious recipe as a side dish or a yummy snack.

This recipe is from The Dana-Farber Cancer Institute.



INGREDIENTS

- 2 teaspoons olive oil
- 1/4 teaspoon dried basil
- 1/2 teaspoon chili powder
- 1/4 teaspoon onion salt
- 1/4 teaspoon ground cumin
- 1/8 teaspoon paprika
- 1/8 teaspoon black pepper
- 1 16-ounce package frozen edamame (shelled, ready to eat)

DIRECTIONS

Preheat oven to 375 degrees.

In small bowl, stir together oil, basil, chili powder, onion salt, cumin, paprika and black pepper. Drizzle mixture over soybeans and toss to coat well. Arrange beans in a single layer in a shallow baking dish.

Roast, uncovered, for 12 to 15 minutes, stirring once, until soybeans begin to brown. Serve hot as a vegetable side dish or cooled as a snack. Refrigerate any leftovers.

Nutrition per serving (1/2 cup)

Calories: 150 Fat: 7g Protein: 11g Carbohydrates: 10g Fiber: 4g

Apricot pecan bars

During your cancer journey, you may want to take snacks with you to your appointments and treatments to keep your energy up. These Apricot Pecan are the perfect portable snack. They are high in fiber, vitamin A, potassium, and protein! What more could you ask for?

INGREDIENTS

- 3 cups quick cooking oats
- 1/2 cup pecans, chopped (almonds or walnuts may be substituted)
- 3 cups unsweetened grain cereal (try Cheerios or Shredded Wheat)
- 2 cups dried apricots, chopped (dried cherries or cranberries may be substituted)
- 1/4 cup whole-wheat flour
- 12 ounces silken tofu, drained
- 1 large egg
- 1/2 cup applesauce
- 1/2 cup canola oil
- 3/4 cup honey
- 1/2 tsp. salt
- 1 Tbsp. lemon zest, freshly grated
- 1 Tbsp. vanilla extract
- Cooking spray



DIRECTIONS

Preheat oven to 350°F.

Spread oats and pecans on large (15×10 inch) baking dish. Bake until lightly brown and fragrant, 8 to 10 minutes.

Transfer to large mixing bowl and add cereal, apricots and flour; stir to combine.

Puree tofu, egg, applesauce, oil, honey, vanilla and lemon zest in a blender until smooth. Make a well in the center of the oat mixture and fold in the tofu mixture until combined. Coat 9×13 baking dish with cooking spray and spread the mixture uniformly in the dish.

Bake until firm in the center and golden brown, approximately 35 to 40 minutes. Let cool completely in the dish before cutting into bars with a sharp knife.

Makes 6-8 servings.

Per serving: 190 calories, 8 g fat, 29 g carbohydrate, 4 g protein, 3 g dietary fiber, and 55 mg sodium.

Recipe from the [American Institute for Cancer Research](#)



Baked oatmeal

Start your morning right with a nutritious, delicious breakfast. Oatmeal is well known for its healthy benefits, offering nutritious whole grains and fiber. This version is baked in the oven and can be easily prepared ahead of time for those mornings when you don't have the time or energy. Feel free to add fruits, such as strawberries, blueberries, raspberries, bananas, or apples for an extra boost of antioxidants. You can add fruit into the batter before cooking or top this warm oatmeal with fruit and a touch of low fat yogurt for a satisfying breakfast.



INGREDIENTS

- 1 tablespoon canola oil
- 1/2 cup unsweetened applesauce
- 1/3 cup brown sugar
- Egg substitute equivalent to 2 eggs, or 4 egg whites
- 3 cups uncooked rolled oats
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1 cup skim milk

DIRECTIONS

In a good-sized bowl, stir together oil, applesauce, sugar and eggs. Add dry ingredients and milk. Mix well. Spray a 9-by-13 baking pan generously with cooking spray. Spoon oatmeal mixture into pan. Bake uncovered at 350 F for 30 minutes.

Per Serving: Calories 204, Total fat 4 g, Saturated fat 0.7 g, Carbohydrate 34 g, Sodium 105 mg, Dietary fiber 4 g, Protein 8 g

This recipe is from the Mayo Clinic.

Berry parfait with lemon curd dip

For a cool, delicious dessert, try this Berry Parfait with Lemon Curd Dip. Greek yogurt is a good source of protein. Fresh strawberries, raspberries and blueberries add cancer-fighting phytochemicals to the dish.

Lemon Curd Dip

INGREDIENTS

- 3 large egg yolks
- 2/3 cup sugar
- 1/2 cup fresh lemon juice
- 2 tablespoons unsalted butter, thinly sliced and chilled
- Whole strawberries, with hulls

DIRECTIONS

In heavy, medium saucepan, whisk to combine egg yolks, sugar and lemon juice. Over medium-low heat, cook while whisking constantly until mixture looks silky and lightly coats a wooden spoon. When you run a finger down back of spoon, it should leave a clear line. This takes up to 10 minutes. If mixture starts to steam, reduce heat.

Off heat, add cold butter and whisk rapidly until combined. Scoop lemon curd into bowl or serving bowl and let stand until room temperature.

Cover lemon curd with plastic wrap, pressing against surface, and refrigerate curd for at least 12 and preferably 24 hours. It will thicken as it chills. Lemon Curd keeps for 4 days, tightly covered in refrigerator.

To serve, set bowl of chilled lemon curd on large plate and surround it with strawberries.

Serves 6. Per serving: About 3 Tbsp.

Per serving: 152 calories, 6 g fat (3 g sat fat), 24 g carbohydrates, 18 g protein, 0 g fiber 5 mg sodium.



Berry Parfait

INGREDIENTS

- 1/4 cup nonfat Greek yogurt, divided
- 1/4 cup berries in season, divided
- 3 Tbsp Lemon Curd Dip, divide
- 1 whole strawberry with nice leaves

DIRECTIONS

In a parfait glass, layer 1 tablespoon Greek yogurt, 1 tablespoon berries, 1 1/2 tablespoon lemon curd dip. Repeat layers with 2 tablespoon yogurt, 1 1/2 tablespoon berries, 1 1/2 tablespoon lemon curd. Top with 1 tablespoon yogurt, remaining blueberries and whole strawberry.

Serves 1

Per serving: 210 calories, 6 g fat (3.5 g sat fat), 29 g carbohydrates, 7 g protein, 2 g fiber 25 mg sodium.

Recipe from the [American Institute for Cancer Research](#)



Cheesy eggplant casserole

This Cheesy Eggplant Casserole is basically vegetarian lasagna. Lasagna is an easy, filling one-dish meal. For a meatless dish, this recipe has a good amount of protein per serving, almost as much as a 4 oz. serving of meat. Protein helps the body to repair cells and tissues. It also helps your immune system recover from illness. When going through cancer treatment, it is important to eat enough protein.



INGREDIENTS

- 1/4 tsp. salt
- 2 small to medium eggplants, peeled and sliced, about 1/2-inch thickness
- 1 Tbsp. olive oil
- 1/4 cup green onions, chopped
- 1 medium onion, coarsely chopped
- 1 bell pepper (red or green) diced
- 1/2 cup mushrooms, sliced
- 1 clove garlic, minced
- 1 tsp. dried Italian seasoning
- 2 cups no-salt added tomato pureé
- 1 (14-oz.) can no-salt added diced tomatoes
- 1/4 cup all-purpose flour
- Olive oil cooking spray
- 2 cups low-fat cottage cheese
- 1 1/4 cups shredded, low-fat mozzarella cheese

DIRECTIONS

Preheat oven to 350 degrees. Sprinkle salt over eggplant and set aside.

Heat oil over medium-high heat in a large skillet. Sauté onions, pepper, mushrooms, and garlic until tender, about 3-4 minutes. Add seasoning, tomato pureé and diced tomatoes and bring to a boil. Reduce heat and simmer about 22 minutes.

Coat eggplant with flour, front and back. Coat skillet with cooking spray and heat over medium heat. Add eggplant slices in batches and cook, covered, until browned, turning once about 3-5 minutes per side. Transfer to plate.

In a 7 x 11-inch casserole dish, spread about 1 cup sauce. Add a layer of eggplant. Top with 1 cup cottage cheese, more sauce and 1/2 cup mozzarella. Repeat again, placing a layer of sauce on top. Sprinkle with remaining mozzarella. Bake uncovered, about 30 minutes. Let stand 5 minutes before serving.

Makes 6 servings.

Per serving: 258 calories, 9 g fat, 24 g carbohydrate, 21 g protein, 7 g dietary fiber, and 600 mg sodium.

Recipe from the [American Institute for Cancer Research](http://www.AmericanInstituteforCancerResearch.org)

White bean pasta

Beans are an excellent source of protein and fiber. They are also very affordable. For a new way to try beans, check out this recipe for white bean pasta. Use this as a side dish with grilled chicken, or eat it as a light lunch with a side of fresh, green veggies.

INGREDIENTS

- 1/2 lb. whole-wheat ditalini (use any small whole-wheat pasta)
- 2 (15 oz.) cans no salt added cannellini beans (rinse and drain if salt added)
- 1 Tbsp. olive oil
- 1 tsp. butter
- 1 large onion, sliced very thin
- 2 tsp. fresh rosemary, chopped fine
- 1/4 tsp. dried basil
- Salt and freshly ground pepper to taste
- 1/4 cup Parmesan cheese, grated
- 2 Tbsp. fresh parsley, chopped (1 tsp. dried may be substituted)
- Cherry tomatoes or red pepper slices, optional



DIRECTIONS

Cook pasta according to package directions, but halfway through cooking time (about 5-6 minutes) add beans.

While pasta and beans are cooking together, warm oil and butter in skillet over medium heat. Add onion, rosemary and basil. Sauté until onions are lightly browned, about 8-10 minutes.

When pasta is al dente, drain and transfer to large warm serving bowl. Add browned onion mixture. Toss gently. Add salt and pepper to taste.

Sprinkle with Parmesan cheese and parsley. Garnish with tomatoes or red pepper if desired. Serve immediately.

Makes 6 servings.

Per ¾ cup serving: 305 calories, 5 g total fat (1.5 g saturated fat), 51 g carbohydrate, 14 g protein, 7 g dietary fiber, 69 mg sodium.

Recipe from the **American Institute for Cancer Research**



Pumpkin-orange muffins

These tasty muffins are packed with cancer-fighting beta carotene and vitamin A – enjoy this recipe from the American Institute for Cancer Research.

INGREDIENTS

- Canola oil spray
- 1 egg
- 1/2 cup skim milk
- 1/2 cup canned pumpkin
- 1/4 cup canola oil
- 1 tsp. dried grated orange zest
- 1 1/2 cups unbleached flour
- 1/2 cup sugar
- 1 tsp. baking powder
- 1 tsp. cinnamon
- 3/4 tsp. nutmeg
- 1/4 tsp. salt



DIRECTIONS

Preheat oven to 375 degrees. Spray muffin tin lightly with spray oil.

In a medium bowl, beat egg, milk, pumpkin, oil and grated orange zest, mixing well.

In a separate bowl, mix together dry ingredients. Mix into pumpkin mixture.

Spoon batter into greased muffin tin, filling each 1/2 to 2/3 full, and bake until pick inserted in middle of muffin comes out clean, about 20 to 25 minutes.

Remove from oven and set on wire rack to cool, about 5-10 minutes. Remove muffins and allow to cool completely on rack. Serve immediately or store in plastic bag or other sealed container, but do not refrigerate. (If making more than one batch, extras can be frozen.)

Makes 9 muffins.

Per serving: 191 calories, 7 g. fat (less than 1 g. saturated fat), 29 g. carbohydrate, 4 g. protein, 1 g. dietary fiber, 134 mg. sodium.

Recipe from the **American Institute for Cancer Research**

