

WALNUT, DATE, & ARUGULA SALAD

CONTRIBUTED BY: Dana Gerard

SALAD

4 cups tightly packed arugula or mixed greens

1/2 cup loosely packed parsley leaves

1/2 cup loosely packed mint leaves

1/2 cup walnuts

1/4 cup dried cranberries or cherries

1/4 cup chopped, pitted dates

4 oz soft goat cheese, crumbled

1. In a large bowl, toss together arugula or mixed greens, parsley, and mint.
2. Add in walnuts, dates, and soft goat cheese.
3. Just before serving, slowly pour in about half the vinaigrette and toss again. You may not need all of the dressing.

Note: Sweet dates and peppery arugula are a perfect pair. Feel free to add a mixture of your favorite herbs, like basil, chives, dill or tarragon.

VINAIGRETTE

1 tsp grated lemon zest

3 tbsp lemon or Meyer lemon juice

1/2 tsp sea salt

1/2 tsp freshly ground black pepper

1/4 cup extra-virgin olive oil

1. In a small bowl, whisk all ingredients but oil together. Then whisk in oil in a thin stream.
 2. Transfer to a container with a lid. Store in refrigerator for up to a week.
- Variation: substitute a combination of lemon and orange juice or other citrus juices like orange, lime or grapefruit.

Makes 1/2 cup

HEALTHY GREEN BEAN CASSEROLE

CONTRIBUTED BY: Tuesday Brooks, MBA, RDN, LD

INGREDIENTS

- 1/2 cup whole wheat panko breadcrumbs
- 1/4 cup freshly grated Parmesan cheese
- 2 tbsp chopped fresh parsley - & more for garnish
- 4 tbsp extra-virgin olive oil - divided
- 2 1/2 lbs green beans - trimmed
- 1 medium onion - very thinly sliced
- 8 oz baby bella mushrooms - sliced
- 3 tbsp all-purpose flour
- 2 cups 2% milk
- 1 tsp kosher salt
- 1/2 tsp black pepper
- 1/8 tsp ground nutmeg
- 7 oz 2% Greek yogurt

DIRECTIONS

1. Position a rack in the upper third of your oven & preheat oven to broil. Lightly coat a 2-quart, broiler-safe baking dish with nonstick spray.
2. In a small bowl, stir together the panko, Parmesan, parsley, & 2 tablespoons olive oil. Set aside.
3. Blanch the green beans: Bring a very large pot of water to a boil. Prepare an ice water bath & set out a large, clean kitchen towel. Place the beans in the water & cook just until crisp-tender, about 3 minutes. Plunge into an ice bath to stop the cooking, then drain & transfer to the towel. Lightly pat dry.
4. Meanwhile, heat 1 tablespoon oil in a large, wide saucepan over medium heat. Add onion & mushrooms. Cook, stirring frequently, until the onion is soft & golden & the mushrooms brown & have given up their liquid, about 15 minutes. Add the remaining 1 tablespoon olive oil. Sprinkle the flour over the top. Cook, stirring, for 1 to 2 minutes more, until all of the flour turns golden & no white bits remain.
5. Slowly add the milk a few splashes at a time, stirring between each addition to prevent lumps from forming. Increase the heat to medium high. Stir in the salt, pepper & nutmeg. Cook & stir, allowing the sauce to bubble, running a wooden spoon or spatula along the bottom of the pan. Continue cooking & stirring until the sauce reduces & thickens to resemble a creamy gravy, about 8 to 10 minutes. Remove from heat & stir in the Greek yogurt.
6. Transfer half the green beans to the prepared baking dish. Spread half the sauce over the green beans. Add the remaining green beans & top with the remaining sauce. Sprinkle the breadcrumb mixture over the top.
7. Broil, watching closely, until the casserole is bubbling & beginning to brown on top, 1 to 3 minutes, depending on your broiler. Let stand for 10 minutes prior to serving. Garnish with additional fresh parsley. Serves 10.

DID YOU KNOW?

Increasing your vegetable intake can reduce risk of some cancers. Additionally, green beans contain a high amount of chlorophyll which has shown to block carcinogenic effects found when pairing with a grilled meat.

CRUSTLESS PUMPKIN PIE

CONTRIBUTED BY: Dana Gerard



INGREDIENTS

Non-stick cooking spray

3/4 cups granulated sugar

1 tsp ground cinnamon

1/2 tsp salt

1/2 tsp ground ginger

1/4 tsp ground cloves

2 large eggs

1 15-oz can Libby's 100% pure pumpkin

1 12-oz can evaporated milk
(or sub lactose-free or full-fat almond milk)

Whipped cream & gingersnap cookies for serving

DIRECTIONS

1. Preheat the oven to 350 degrees Fahrenheit. Spray or grease the bottom of a 9 or 10 inch glass or ceramic baking dish.
2. In a small bowl, combine sugar, cinnamon, salt, ginger, and clove.
3. In a large bowl, beat eggs.
4. Stir the sugar-spice mixture and pure pumpkin. Then, gradually, stir in the evaporated milk or milk of choice.
5. Pour the mixture into prepared glass or ceramic baking dish. (Note: while you can fill a baking dish deeper than a piecrust, it's best not to exceed a depth of about 1 1/2 inches.)
6. Baking times vary with depth, size, and type of baking dish, so watch and check (see note above).
7. Bake pie until knife inserted near the center comes out clean, about 45 minutes. Let cook on wire rack, then refrigerate overnight, until ready to serve.
8. Serve with whipped cream and plain cookies like gingersnaps or Nilla Wafers.

DID YOU KNOW?

Pumpkins contain antioxidants alpha-carotene, beta-carotene and beta-cryptoxanthin. Animal studies have shown that these antioxidants may lower risk of cancer and other health conditions.

FAST & EASY YEAST ROLLS

CONTRIBUTED BY: Dana Gerard



INGREDIENTS

1 cup warm tap water

1/3 cup neutral flavored oil (like avocado)

1/4 cup sugar

2 tbsp yeast

1/2 tsp kosher salt

1 egg beaten (may sub flax egg)

1 tbsp softened butter (or vegan butter)

3 to 4 cups all-purpose flour

1/8 cup milk (or vegan milk), room temp.

DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit. Grease and set aside either a 9x13 or 10x15 inch pan.
2. In a large bowl, mix together 1 cup water, oil, sugar, and yeast. Let mixture sit until yeast bubbles, about 10 minutes. Stir in beaten egg, softened butter and salt.
3. With a stand mixer or by hand, add flour, one cup at a time, until you have soft, non-sticky dough. Knead by hand for 10 minutes or with a stand mixer and dough hook for minutes.
4. Divide dough into 15-18 even pieces and form into balls. Place in greased pan, then cover with parchment paper and a kitchen towel.
5. Allow rolls to rise for 10 minutes (or up to 40 minutes, if time allows).
6. Lightly brush with milk and bake on the middle rack for 10-12 minutes or just until browned.

Note: 9x13 pan makes 15 rolls; 10x15 pan makes 18 rolls

ROASTED BRUSSELS SPROUTS & SQUASH

CONTRIBUTED BY: Tuesday Brooks, MBA, RDN, LD

ROASTED BRUSSELS SPROUTS

3 cups brussels sprouts

3 tbsp olive oil

1/4 tsp salt or to taste

1. Preheat oven to 400 degrees Fahrenheit. Lightly grease the foil-lined baking sheet with 1 tbsp olive oil.
2. Trim ends of brussels sprouts and remove yellow leaves. Slice all brussels sprouts in half.
3. In a medium bowl, combine halved brussels sprouts, 2 tbsp olive oil, and salt. Toss to combine
4. Place onto prepared baking sheet, cut side down, and roast in the oven for about 20-25 minutes. During the last 5-10 minutes of roasting, turn them over for even browning. The cut sides should be nicely and partially charred, but not blackened.

BUTTERNUT SQUASH

1 1/2 lb butternut squash

2 tbsp olive oil

3 tbsp maple syrup

1/2 tsp ground cinnamon

1. Preheat oven to 400 degrees Fahrenheit. Lightly grease a foil-lined baking sheet with 1 tbsp of olive oil.
2. In a medium bowl, combine butternut squash (peeled, seeded and cut into 1-inch cubes), 1 tbsp olive oil, maple syrup, and cinnamon. Toss to mix.
3. Place butternut squash in a single layer on the baking sheet. Bake for 20-25 minutes, turning once half-way through baking, until softened.

Note: you can roast both brussels sprouts and butternut squash on 2 separate baking sheets at the same time, on the same rack in the oven.

OTHER INGREDIENTS

2 cups pecan halves

1 cup dried cranberries

2-4 tbsp maple syrup

1. Toast pecans in preheated oven at 350 degrees Fahrenheit for about 5 minutes or until they get darker in color.
2. In a large bowl, combine roasted brussels sprouts, roasted butternut squash, pecans and cranberries, and mix to combine.

Optional: For a sweeter taste, add 2 to 4 additional tbsp of maple syrup

SLOW COOKER CRUSTLESS APPLE PIE

CONTRIBUTED BY: Tuesday Brooks, MBA, RDN, LD



INGREDIENTS

2 1/4 lbs 1/4"-thick apple slices (about 6 large)

1/4 cup pure maple syrup

1 1/2 tbsp cornstarch

2 tsp ground cinnamon

1/4 tsp ground nutmeg

vanilla ice cream or whipped cream, for serving

DIRECTIONS

1. Add the apples, maple syrup, cornstarch, cinnamon, & nutmeg to a 5-quart slow cooker, and gently toss with a spatula until the apples are evenly coated with the other ingredients.
2. Cover & cook on HIGH for 2-3 hours or LOW for 4-5 hours, or until the apples are tender, gently toss with spatula after each hour. Serve warm with ice cream or whipped cream if desired. Serves 8.

DID YOU KNOW?

The skin of an apple contains many phytochemicals that are shown to have anti-cancer effects. The inside of the apple contains pectin which produces compounds that protect colon cells. Cinnamon is shown to reduce the growth of cancer cells & the formation of blood vessels in tumors.

ALMOND CRACKLE COOKIES

CONTRIBUTED BY: Dana Gerard



INGREDIENTS

6 tbsp sugar

1 large egg

1 1/4 cups sliced almonds
(blanched or unblanched)

DIRECTIONS

Fast, festive and delicious. Perfect for beginner bakers or baking with children!

1. Preheat oven to 325 degrees Fahrenheit and position oven racks to divide oven into thirds. Line two baking sheets with parchment or silicone baking mats. Set aside a small cookie scoop or teaspoon and a fork.
2. In a medium size bowl, whisk together sugar and egg for a few minutes until well blended and a bit thick. Add in almonds and stir with a rubber spatula until almonds are evenly coated. The batter will separate as it stands, so use right away.
3. Give the batter a stir every now and then as you are spooning it out. Each cookie needs two teaspoons of batter. Scoop cookies and space 2 inches apart on baking sheet. Flatten each mound with the back of a fork.
4. Bake for about 20 minutes and rotate the pans halfway through baking time. Cookies should be dry, crackled on top and look toasted-almond beige. Let baking sheets cool on racks or stovetop for about 10 minutes. Remove cooled cookies carefully with a wide spatula.
5. To store: If kitchen is cool and dry, keep in a tin or paper bag overnight. If they soften, place cookies on a line baking sheet and warm them in the oven at 350 degrees for 6 minutes; cool on the baking sheet.

QUINOA LAAPSI

CONTRIBUTED BY: Rafia Heerji

INGREDIENTS

- 1 cup of prewashed quinoa
- 1/2 cup jaggery (also called Gur)
- 1/4 cup of fennel seeds ground
- 1/4 cup of almonds ground
- 1/4 cup of pistachio ground
- 1/4 cup unsweetened shredded coconut
- 1/2 cup coconut oil
- 1/4 to 1/2 cup raisins
- 1/4 cup sliced almonds
- 1/2 tsp saffron, divided
- 1-2 tbsp brown sugar (optional)
- 1-2 pure ghee (optional)
- 1/4 tsp ground cardamom
- 1/4 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 cup sliced fresh coconut for garnish

DIRECTIONS

1. Cook the quinoa (as described on the package) separately with 1/4 tsp saffron. After the quinoa is cooked, let it cool completely (this step can be done a day before to cool or 2 hours prior to cooking dish).
 2. Melt the jaggery by adding one cup of hot water to the jaggery and let it stand (this step can be done a day before or 2 hours prior to cooking the dish for it to melt completely).
 3. Heat a pan, add in coconut oil.
 4. Add the cooked quinoa and stir for 2-3 minutes, until the quinoa turns a little darker.
 5. Add the ground fennel seeds, almonds, pistachio, unsweetened shredded coconut, ground cardamom, ground cinnamon, ground nutmeg, and 1/4 tsp of saffron. Continue stirring for 2-3 minutes.
 6. Add the jaggery water as needed for sweetness, starting with 1/2 cup. Taste and add more as needed. Let it simmer on low heat until the jaggery water dries out. If more sweetness is desired, add the brown sugar. If more oil is needed add the pure ghee. Take off the lid and let it cool.
 7. For garnish, you can add some fresh coconut slices. Let it cool and fluff the grain.
 8. Serve warm or cool. Enjoy!
- Note: Jaggery water can be replaced with maple syrup as needed.

RECIPE CONTRIBUTORS

Dana Gerard

Dana Gerard is a chef and photographer who loves developing simple recipes that she shares with her friends and family. Dana has demonstrated many of her healthy, but easy to make, recipes at the Dallas Clubhouse of Cancer Support Community North Texas. You can find more of her recipes online at her website: diginwithdana.com.

Tuesday Brooks

Tuesday Brooks is a Registered Dietician Nutritionist and online cancer dietician. She works with cancer thrivers and survivors to manage symptoms of treatment and disease and to reduce risk of reoccurrence. You can find more of her recipes in her [free private Facebook community](#) or on her [Instagram page](#).

Rafia Heerji

Rafia Heerji is a holistic health coach who works with her clients to empower them to take small steps to achieve their health and lifestyle goals. Rafia has demonstrated how to make many of her healthy dishes at the Dallas Clubhouse of Cancer Support Community North Texas. You can find more recipes from Rafia at honeylemonginger.com

About Cancer Support Community North Texas

Cancer Support Community North Texas provides, free of charge, to anyone impacted by cancer: support services, health & wellness workshops, educational presentations, and social connection. To become a member or to learn more, send us an email at info@cancersupporttexas.org