

Adapted from:

Carver, Kaylyn. (2017). *Cooking for Cancer* (S. Sistrun, Ed.) (Directed Study Thesis). Medical College of Virginia and Virginia Commonwealth University Undergraduate Biology.

Appendix C-1: Coconut Green Smoothie Cups

Concentrated smoothies are great for when you don't have much energy to cook (or eat!). The ginger in these smoothies is helpful for when you have nausea. Smoothies can be made and served right away, frozen into muffin cups, or frozen in freezer-safe jars for later.

Ingredients

- 1-2 cups ice cubes
- 3 cup coconut water
- 1/3 cup almonds
- 2 cups spinach
- 2 chopped celery stalks
- 1/4 cup fresh mint
- 1/2 orange
- 1 tablespoon honey
- 1/2 teaspoon ginger powder
- 2 cups frozen mango cubes

Procedure

- If serving right away: blend all ingredients in a blender until smooth, and then enjoy!
- If saving for later:
 - Blend all ingredients in a blender until smooth
 - Divide the mixture into freezer-safe jars (Mason jars are a common option) and freeze for later.
 - Divide the mixture into 12 muffin cups and freeze; these should take less time to thaw than the jars.
- If you would like more or less of a certain ingredient after the initial try, play around with adding more or less and see if you like it.

If you're interested in learning more about smoothies, there are a myriad of combinations on the Internet to find. If you've got a particularly busy lifestyle, many grocery stores sell pre-mixed frozen fruit blends for smoothies. For extra protein, try adding a small amount of yogurt, chia seeds, or protein powder.

*Adapted from Chi 2016

Appendix C-2: Frozen Yogurt Breakfast Bars

Ingredients and Supplies:

- 2 cups lowfat vanilla or plain Greek yogurt
- 1 ½ cups chopped fruit - may be frozen or fresh
 - May be any combination of berries, strawberries, bananas, or other fruit as desired.
- ½ cup chopped or crushed sweet nuts
 - May be any combination of almonds, walnuts, or another favorite nut
- ¾ cup plain granola
- Other add-ons as desired, such as ¼ cup dark chocolate chips
- Snack-sized freezer-safe plastic bags

Procedure:

1. Mix all ingredients in a bowl
2. Line a pan or baking sheet with tin foil
 - a. If you would like thin bars, use a shallow but wide pan or baking sheet. For thick bars, use a deep but smaller pan.
3. Spread the mixture evenly in the pan or baking sheet or pan.
4. Cover with plastic wrap and place in the freezer until entirely frozen.
5. Once it is entirely frozen, remove it and let it sit on the counter until you can cut into it.
6. Cut it into bars and place the bars in plastic bags.
7. Store the plastic bags in the freezer for future breakfasts or snacks.

Based on “Frozen Yogurt Trail Mix Bars”

<http://www.theleangreenbean.com/frozen-yogurt-trail-mix-bars>

Appendix C-3: Mini Snack Parfaits

Ingredients and Supplies:

- Five small ~4-ounce tupperware containers or mason jars
- Plain granola
- Plain lowfat vanilla yogurt or vanilla greek yogurt
- 5 teaspoons honey
- 1 ¼ cups frozen or fresh berries
 - Can be any combination of blackberries, blueberries, raspberries, and strawberries
- Optional: other add-ons such as nuts, bananas, or other fruit for topping

Procedure:

1. Divide up the fruit evenly in the containers
2. Add a teaspoon of honey over the fruit
3. Top with yogurt
4. Add any additional add-ons on top.
5. Store in the fridge for up to five days.

Based on “Make Ahead Mini Parfaits”

<http://www.organizemyourselfskinny.com/2015/05/15/make-ahead-mini-parfaits-naturevalley-nvgranola/>

Appendix C-4: Mozzarella, Tomato, and Spinach Pasta Snacks

Ingredients and Supplies:

- Five quart-sized tupperware containers or mason jars
- 10 tablespoons balsamic vinegar
- 1 quart grape or cherry tomatoes, halved
- 10 ounces fresh mozzarella, cubed
- 2 cups dry whole grain pasta, cooked
- 10 cups spinach

Procedure:

1. Place 2 tablespoons of balsamic vinegar in each container.
2. Divide up the tomatoes and cubed mozzarella in each container.
3. Top the tomatoes and cheese with whole grain pasta.
4. Finish it off by including 2 cups of spinach in the top of each container.
5. Store in the fridge for up to five days; shake the jar to coat with dressing before serving.
6. This recipe may also be used as a standalone meal with increased portions.

Based on “Mason Jar Salad Recipe: Fresh Mozzarella, Tomato, Pasta, and Spinach.” <http://www.organizemyourselfskinny.com/2013/04/08/mason-jar-salad-recipe-fresh-mozzarella-tomato-pasta-and-spinach/>

Appendix C-5: Raspberry Spinach Salad

Servings: 4-6

Ingredients:

- The salad:
 - 1 pound fresh baby spinach
 - 1 quart fresh raspberries
 - 1 green apple
 - 1 small red onion
 - 8-10 slices of bacon
 - Slightly less than ¼ cup dried cranberries
 - Slightly less than ¼ cup walnuts
- The dressing:
 - 1 quart raspberries
 - Olive oil to taste
 - Balsamic vinegar to taste
 - Honey to taste

Procedure

1. The salad:
 - a. Cut the uncooked bacon into bite-sized pieces and cook it in a pan on medium heat until it is cooked to your desired degree of crispiness. Take the cooked bacon out of the pan and set it aside.
 - b. If the baby spinach has too many stems for your liking, remove the stems.
 - c. Wash and slice your green apple into 1-2cm cubes, leaving the skin on.
 - d. Roughly chop your onion; slices should be thin and no longer than a half-inch.
 - e. Combine the spinach, apple, onion, bacon, cranberries, walnuts, and the first quart of raspberries in a large bowl and toss.
2. The dressing:
 - a. Place the second quart of raspberries in a blender (or, if you're using an immersion blender, in a bowl you don't mind scratching)
 - b. Blend until smooth; add small amounts of olive oil, balsamic vinegar, and honey until it tastes good to you.
3. Serving for meal prep: you can divide up the salad in 4-6 bowls with dressing on the side!

Original Recipe by Kaylyn Carver

Appendix C-6: 3 Bean Salad

Serves 4-6

Ingredients

- 1 15oz can garbanzo beans (chickpeas), drained and rinsed
- 1 15oz can kidney beans, drained and rinsed
- 1 15oz can green beans, drained and rinsed
- 4 green onions, washed and chopped
- 1 stalk celery, washed and sliced into crescents
- ½ cup cider vinegar
- ¼ cup vegetable oil
- 1 tablespoon honey
- ½ teaspoon ground dry mustard
- ¼ teaspoon garlic powder
- ¼ teaspoon ground black pepper
- ¼ teaspoon onion powder (optional)
- ¼ teaspoon ground cayenne pepper (optional)

Procedure

1. Mix together in a bowl all the beans, green onions, and celery.
2. In a different bowl, whisk together all of the liquids and spices to make the dressing.
3. Pour the dressing over the salad and gently mix to coat.
4. This dish can be enjoyed right away, but it is best if given at least 2 hours in the refrigerator so that the dressing can be fully absorbed by the vegetables.
5. For a meal prep, divide up into individual portions and store in the fridge for up to five days.

Based on “3 Bean Salad” <http://allrecipes.com/recipe/86229/three-bean-salad/>

Appendix C-7: Make-and-Freeze Bean and Cheese Burritos

Makes 10 burritos

Ingredients

- 3 tablespoons vegetable oil
- 2 cans of drained and rinsed white beans
- 2 cans of drained and rinsed black bean
- 1 medium yellow onion (chopped)
- 4-5 cloves of minced garlic or dried/paste equivalent
- 1 15-oz can of tomatoes with green chiles
- 1 cup green enchilada sauce (may use less or substitute with a milder sauce if desired)
- ¼ cup sliced pickled jalapenos (may use less or substitute with ⅓ cup green peppers if desired)
- 10 large flour tortillas
- 1 cup shredded cheddar cheese
- 1 cup shredded Monterey jack cheese
- 1 bunch of roughly chopped cilantro
- Optional: add small amounts of ground beef, ground turkey, ground pork, or shredded chicken if desired.
- Optional: experiment with adding different kinds of mild or spicy peppers or other kinds of vegetables

Procedure

1. Heat 3 tablespoons of vegetable oil in a pot on medium heat. Add the chopped onions and minced garlic. Stir and cook for a few minutes; cook until the onions are soft and appear slightly translucent.
2. Add tomatoes and jalapenos or green peppers, then stir.
3. Leave the heat at medium and allow the tomatoes and jalapenos/peppers to cook and soften for at least 15 minutes, or until the tomatoes are soft; almost like a chunky sauce-like consistency.
4. Build the burritos as desired with beans, cheese, fresh cilantro, the tomato sauce, enchilada sauce, and any other additions.
5. Roll the burritos and enjoy right away or wrap each individually in tin foil and store in the freezer.

Adapted from M., Beth. (2012). Burritos Blanco. Retrieved from

<https://www.budgetbytes.com/2012/01/burritos-blanco/>