



Making Cancer History[®]

Maintain, Don't Gain Recipes

Created by: Heather Metell

Executive Chef, Banner MD Anderson Cancer Center

Vegan Pesto

Ingredients

- **2 cups** tightly packed fresh basil
- **½ cup** walnuts or pine nuts
- **1 to 2** cloves garlic, roughly chopped (to taste)
- **½ cup** extra-virgin olive oil
- Sea salt and freshly ground pepper, to taste
- **1 tablespoon** lemon juice
- **3 tablespoons** nutritional yeast

Place the basil, walnuts or pine nuts, and garlic in a food processor fitted with the S blade. Pulse to combine, until the mixture is coarsely ground. Turn the motor on and drizzle the olive oil in a thin stream. Add the sea salt, pepper, lemon, and nutritional yeast, and pulse a few more times to combine.

Red and White Salad

Ingredients

- **4 cups** thinly sliced hearts of romaine
- **2 heads** Belgian endive, cored and thinly sliced
- **1 bulbs** fennel, trimmed, cored, quartered and thinly sliced
- **1 can** (15 ounces) hearts of palm, drained, halved lengthwise and thinly sliced
- **½ head** radicchio, cored, quartered and thinly sliced
- 1 red apple, cored and cut into matchsticks
- **1 cup** thinly sliced radishes

Champagne Vinaigrette

- **1 shallot**, peeled and quartered
- **¼ cup** champagne vinegar or white-wine vinegar
- **¼ cup** extra-virgin olive oil
- **1 tablespoon** Dijon mustard
- **¾ teaspoon** salt
- **2 tablespoons** Honey
- Freshly ground pepper, to taste

Toss all ingredients together in a large bowl and drizzle with vinaigrette.

Barley and Wild Rice Pilaf

Ingredients

- **2 teaspoons** extra-virgin olive oil
- **1** medium onion, finely chopped
- **1/2 cup** wild rice, rinsed
- **1/2 cup** pearl barley
- **3 cups** reduced-sodium chicken broth, or vegetable broth
- **1/3 cup** pine nuts
- **1 cup** pomegranate seeds, (1 large fruit)
- **2 teaspoons** freshly grated lemon zest
- **2 tablespoons** chopped flat-leaf parsley

Rinse, and boil off wild rice and barley separately (in chicken or veg stock). Sauté onion in EVOO until caramelized. Toast or roast pine nuts (almonds). Toss all remaining items together finish with pomegranate seeds.

Cider Glazed Roots with Cinnamon Walnuts

Ingredients

- **3 pounds** assorted root vegetables, peeled and cut into 1-inch pieces
- **1 cup** apple cider
- **1/4 cup** dark brown sugar
- **1/2 teaspoon** salt, plus more to taste
- **1/4 teaspoon** freshly ground pepper
- **1/2 cup** chopped walnuts
- **1/8 teaspoon** ground cinnamon
- Canola oil to toss roots in

Peel and large dice all root veggies separately. Toss with canola oil and roast at 350 for 15 minutes. Turn often oven and let cool. In a sauté pan heat sugar, cider and cinnamon together over medium-low heat to form a light syrup. Season with salt and pepper. Toss with roots and walnut and toast in oven for 5-7 min until hot and glazed.

Bourbon Glazed Salmon

Ingredients

- **6 teaspoons** unpacked Brown Sugar
- **3 tablespoons** Bourbon
- **1 clove** minced Garlic
- **2 teaspoons** Soy Sauce
- Black pepper
- **2 teaspoons** lime juice
- **1 teaspoon** grated ginger
- **4 6oz** Salmon filets
- Chopped chives for garnish

Instructions

Combine first 8 ingredients in a large zip lock bag & seal and marinate for 1 1/2 hours in the refrigerator. Bake salmon at 350 for 14 minutes (145 degrees). Add marinade to skillet and cook until thick. Plate and garnish with chives.

Chocolate Tofu Pie

Filling

- **13 ounces** semisweet chocolate chips
- **1/3 cup** coffee liqueur
- **1 teaspoon** vanilla extract
- **1 pound** silken tofu, drained
- **1 tablespoon** honey

Crust

- **6.5 ounces** graham cracker crumbs
- **1 tablespoon** sugar
- **3 ounces** vegan
- Butter, melted and slightly cooled (Earth Balance)

Melt the chocolate chips with the liqueur and vanilla in a medium metal bowl set over the simmering water, stirring often with a rubber or silicone spatula. Combine the tofu, chocolate mixture and honey in a blender or food processor and spin until smooth, about 1 minute. Pour the filling into the crust and refrigerate for 2 hours, or until the filling sets firm.

For more information, visit <http://bannerhealth.mediaroom.com/maintain>.

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