

# Superfood Recipes

## Wild Rice, Mushroom, & Cranberry Dressing (Adapted from *Diabetic Cooking Magazine*)

3 cups water	1 celery rib, finely chopped
1 tsp salt, divided	½ cup dried sweetened cranberries
1 cup wild rice	½ cup chopped toasted pecans (optional)
1 Tbsp olive oil	1/8 tsp black pepper
1 cup chopped mushrooms	½ tsp minced fresh sage or 1/8 tsp dried sage
1 small red onion, finely chopped	

Preheat oven to 325°F. Grease 2-quart casserole dish; set aside. Bring water and ½ tsp salt to a boil in medium saucepan. Stir in wild rice. Cover; reduce heat to low. Cook 45 minutes or until tender. Drain well. Heat olive oil in large skillet over medium heat until hot. Add mushrooms, onion, and celery. Cook and stir 7 to 10 minutes or until tender. Stir in wild rice, cranberries, nuts, if desired, remaining ½ tsp salt, pepper, and sage. Spoon mixture into a prepared casserole dish. Bake for 20 minutes.

Per serving (makes 8 servings): 121 calories, 3g protein, 2g fat, 23g carbohydrate, 2g fiber

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## Black Bean & Barley Combo (Adapted from *Diabetes Forecast* magazine)

1 onion, chopped	1 ½ cups fat-free, low-sodium chicken or vegetable broth
1 green pepper, chopped	¾ cups quick-cooking barley
1 clove garlic, minced	1 (15 oz) can black beans, rinsed and drained
¼ tsp ground cumin	

In a nonstick saucepot coated with nonstick cooking spray, sauté the onion, green peppers, and garlic over medium heat for 5 minutes or until tender. Add the cumin, broth, and barley. Bring to a boil, then reduce heat to low and cook, covered, 10 to 15 minutes or until the barley is tender and the liquid is absorbed. Add the black beans, toss, and serve.

Per ½ cup serving: 105 calories, 5g protein, 1g fat, 20g carb, 5g fiber

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## Brown Rice with Edamame & Walnuts (Adapted from *Diabetes Forecast Magazine*)

1 cup whole-grain brown rice	1 red bell pepper, chopped
1 cup shelled edamame, frozen	½ cup chopped green onions
1 onion, chopped	3 Tbsp coarsely chopped walnuts, toasted

In separate saucepots, cook the rice and edamame according to package directions, omitting any oil and salt.

In a large nonstick skillet coated with nonstick cooking spray, sauté the onions, red pepper, and green onions over medium heat for 5 minutes or until tender.

Combine all ingredients in a serving bowl.

Per ½ cup serving: 134 calories, 5g protein, 3g fat, 23g carbohydrate, 3g fiber

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## Pasta with Three Greens (Adapted from *Diabetic Cooking* magazine)

1 pound whole-wheat penne	20 cups (loosely packed) collard greens, kale, & Swiss chard, stems removed, divided
1 Tbsp olive oil	½ cup water
3 cloves garlic, finely chopped	½ cup grated Parmesan or Romano cheese
¼ tsp red pepper flakes	¼ cup pan-toasted pine nuts (optional)*

Cook penne according to package directions in large saucepan or Dutch oven, omitting salt and fat.

Meanwhile, heat oil in 12-inch nonstick skillet over medium heat until hot. Add garlic and red pepper flakes; cook 2 minutes or until garlic is golden, stirring constantly. Stir in half the greens and water. Increase heat to medium-high; cook 2 minutes or until greens wilt. Stir in remaining greens. Cover. Reduce heat to medium. Cook 7 minutes or until greens are tender, stirring occasionally.

Drain penne, reserving ¼ cup cooking water. Return penne to saucepan or Dutch oven. Add cheese, greens and reserved cooking water; toss until well mixed. Sprinkle with pine nuts, if desired

\*Tip: To toast pine nuts, heat small nonstick skillet over medium heat. Add pine nuts. Cook until lightly browned, stirring constantly. Remove immediately to plate to cool.

Per 1 ¼ cup serving: 317 calories, 17g protein, 6g fat, 57g carbohydrate, 7g fiber

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## Spinach with Toasted Pine Nuts & Golden Raisins

(Adapted from *Nutrition Action Healthletter*)

1 lb baby spinach	2 Tbsp brown sugar
1 Tbsp extra virgin olive oil	¼ cup pine nuts, toasted
¼ cup balsamic vinegar	¼ cup golden raisins

Heat a heavy, deep skillet over medium-high heat. Add a sprinkling of water and the spinach and toss until wilted, about 2–3 minutes. Add more water if needed to prevent the leaves from scorching. Transfer to a serving dish.

Increase the heat to high. Add the oil, vinegar, and sugar to the skillet and bring to a boil. Pour the hot dressing over the spinach. Garnish with the pine nuts and raisins. Serve warm or cold.

Per ½ cup serving: 180 calories, 4g protein, 8g fat, 29g carbohydrate, 3g fiber

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## Italian Green Beans (Adapted from *Healthy Calendar Diabetic Cooking*)

1 lb green beans	1 15 oz can no salt added diced tomatoes
1 Tbsp olive oil	¼ tsp dried basil
1 small onion, diced	¼ tsp dried oregano
2 garlic cloves, minced	

Steam green beans until tender-crisp. Set aside.

Heat olive oil in a medium non-stick skillet over medium-high heat. Sauté onions until clear. Add garlic; sauté 30 seconds. Add tomatoes, basil, and oregano and simmer for 15-20 minutes.

Pour tomato mixture over steamed green beans and mix well.

Per ½ cup serving: 65 calories, 2g protein, 3g fat, 10g carbohydrate, 4g fiber

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## Spaghetti Squash with Fresh Tomato Sauce (Adapted from [www.aicr.org](http://www.aicr.org))

1 small spaghetti squash (about 2 lbs)	pinch of dried red pepper flakes
2 lbs vine-ripe tomatoes	½ tsp salt
1 Tbsp extra virgin olive oil	½ tsp dried basil
½ cup onion, finely chopped	½ tsp dried oregano
2 cloves garlic, finely chopped	freshly ground black pepper

Preheat oven to 375 degrees. Pierce squash in half a dozen places with a thin knife. Bakes squash on a piece of foil in the over until it yields slightly when firmly pressed, about 50-60 minutes.

Meanwhile, halve, seed, and dice the tomatoes. Heat oil in medium skillet over medium-high heat. Add onion and sauté until translucent, about 4 minutes. Mix in garlic and cook another 2 minutes, stirring constantly. Add tomatoes, red pepper flakes, salt, basil, and oregano. Cook, stirring until tomatoes are tender (but still hold their shape), about 5 minutes. Season to taste with black pepper.

Halve the baked squash horizontally. Scrape out and discard the seeds. Using a fork, scrape out the squash in strands. Divide four cups of the squash among four deep pasta bowls. Spoon one-fourth of the sauce over the squash in each bowl. Serve immediately.

Per serving (makes 4 servings): 140 calories, 4g protein, 5g fat, 25g carbohydrate, 6g fiber

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## Northwestern Baked Salmon with Artichoke Hearts (Adapted from [www.aicr.org](http://www.aicr.org))

6oz jar of marinated artichoke hearts, drained	Salt & black pepper, to taste
½ cup minced red onion	2 Tbsp reduced fat sour cream
½ cup minced celery	½ Tbsp Dijon mustard
4 (4oz) salmon filets, skin removed	1 ½ Tbsp dried parsley

Preheat oven to 400°F. In medium bowl, mix together artichoke hearts, red onion and celery. Set aside. Place salmon filets on 4 individual sheets of aluminum foil. Sprinkle each filet with salt and pepper. In small bowl, mix sour cream with mustard. Spread equal amounts on top of each filet. Sprinkle each filet with equal amounts of parsley. Fold edges and crimp to seal. Place fish packets on cookie sheet. Bake for 12-15 minutes, or until cooked through

Per serving (makes 4 servings): 268 calories, 24g protein, 16g (healthy) fat, 7g carb, 2g fiber

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## Whole Wheat Flaxseed Banana Bread (from Aimee's kitchen)

2-3 over-ripe bananas, mashed	1 ¾ cup whole wheat pastry flour*
½ cup sugar	1 tsp baking soda
2 egg whites (beaten)	½ tsp baking powder
¼ cup canola oil	¼ tsp salt
1 tsp vanilla	1 tsp cinnamon and/or nutmeg
	2 Tbsp ground flaxseed

In a large bowl, combine bananas, sugar, egg whites, oil, and vanilla; beat well. In a separate bowl, combine flour, baking soda, baking powder, and salt; stir well to mix. Gradually add the dry ingredients to the banana mixture, beating well. Mix in cinnamon, nutmeg, and flaxseed; beat well.

Transfer to a lightly greased loaf pan and bake at 350 degrees for 35-45 minutes. Bread is done when top is golden brown and a toothpick comes out cleanly.

\*Whole wheat pastry flour is very finely ground whole wheat flour. It is a perfect substitute for white flour in foods like cookies, muffins, biscuits, quick breads, waffles, and pancakes. You can often find it in the bulk section of stores like Whole Foods. Common brands include Bob's Red Mill® and Hodgson Mill®, which can both be ordered online.

Per slice (makes ~12 slices): 177 calories, 3g protein, 5.5g fat, 30g carbohydrate, 1.7g fiber

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## Cinnamint Green Tea (Adapted from [www.aicr.org](http://www.aicr.org))

1 small bunch mint, about 15 sprigs	6 cups cold water
4 3-inch cinnamon sticks (optional)	4 bags green tea, regular or decaffeinated
1-2 thin slices fresh ginger (optional)	6 Tbsp frozen apple juice concentrate, or to taste

Place mint, cinnamon sticks and ginger, if using, in large saucepan. Add water, cover pot and bring to a boil. Reduce heat and simmer 3 minutes. Remove from heat. Add tea bags and steep 5 minutes. Remove tea bags, mint, ginger and cinnamon sticks, reserving sticks. Sweeten hot tea to taste with apple juice concentrate. Pour into mugs, add cinnamon sticks for garnish and serve, or chill for iced tea.

Per serving (makes 6 servings): 29 calories, 0g protein, 0g fat, 7g carbohydrate, 0g fiber

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Your cancer nutritionist:  
Jennifer Spring, RD, LDN  
Phone: 919-966-8889  
Pager: 919-216-1954  
Email: [jspring@unch.unc.edu](mailto:jspring@unch.unc.edu)



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