

Fruity Gelatin (makes 8 servings)

For Delicate stomachs and sensitive mouths, a gelatin mold fits the bill, providing hydration and calories. Don't use apple juice or a tropical fruit mix-both could aggravate diarrhea.

Ingredients

2 (3-ounce, 4-serving) boxes flavored gelatin

2 cups boiling water

1 (15-ounce) can mixed fruit in 100% fruit juice

$\frac{3}{4}$ to 1 cup of 100% white grape juice, chilled

1. In a heat-proof bowl, stir the gelatin powder and boiling water until completely dissolved.
2. Drain canned fruit into a measuring cup, reserving fruit. Add enough grape juice to make 1 $\frac{1}{4}$ cups. Stir juice into the gelatin mixture and refrigerate for about 2 hours or until slightly thickened.
3. Add the reserved fruit and stir gently to incorporate. Pour into a lightly greased 4 to 6-cup mold. Refrigerate for 3 to 4 hours, or until firm.

Source: American Cancer Society. What to Eat During Cancer Treatment.



Easy Banana Bread (makes 16 slices)

This is a short cut banana bread, thanks to biscuit mix. Bananas are easily digested by virtually everyone.

Ingredients

1 (8-ounce) package of cream cheese, softened
1 cup sugar
3 medium bananas, mashed
1 large egg, beaten
2 large egg whites
2 cups biscuit baking mix
½ teaspoon ground cinnamon

1. Preheat oven to 350 degrees. Coat a 9x5x3- inch loaf pan with nonstick cooking spray.
2. In a mixing bowl, cream together the cream cheese and sugar until light. Beat in bananas, egg, and egg whites.
3. Stir in biscuit mix and cinnamon until just blended. Pour into prepared loaf pan and bake for 45 minutes to 1 hour, until toothpick inserted in the center comes out clean. Cool in pan for 15 minutes.

Source: Eating Well Through Cancer. Easy Recipes and Recommendations During and After Treatment.



Banana Pudding (makes 4 servings)

Layer with vanilla wafers and bananas for an old-fashioned banana pudding.

Ingredients

1 (3.4-ounce) package of instant banana pudding mix

2 cups milk

2 bananas, diced

1. In a mixing bowl, mix banana pudding and milk with a whisk for 2 minutes.
2. Fold cut up bananas into pudding. Refrigerate until serving.

Adapted from: Eating Well Through Cancer. Easy Recipes and Recommendations During and After Treatment.



Mashed Potato-Chicken Patties (makes 8 servings)

These little patties are perfect for sensitive stomachs and for those looking for an easy-to-eat small meal.

Ingredients

¼ cup all-purpose flour

Salt and Pepper

1 egg

1 cup cooled mashed potatoes

1 cup (about 4 ounces) cooked chicken breast, ground or very finely chopped

1 tablespoon vegetable oil

1. On a plate, combine the flour and a sprinkle of salt and pepper
2. In a bowl, beat the egg. Add mashed potatoes and chicken. Form the mixture into 2-inch balls. Lightly dredge the balls in the flour. You may need to wet your hands after every 3 to 4 balls.
3. In a large nonstick skillet, over medium heat, add the oil. Add the balls and flatten into patties with a spatula (they should be about 2 ½ inches wide). Cook for 5-8 minutes per side, or until crispy and golden.

Source: Eating Well Through Cancer. Easy Recipes and Recommendations During and After Treatment.



Quick Chicken Pasta (makes 4 servings)

This dish is quick to prepare and quick to disappear from the plate.

Ingredients

1 tablespoon olive oil

2 pounds boneless skinless chicken breasts, cut into strips

Salt and pepper to taste

1 teaspoon minced garlic

1 tablespoon dried basil leaves

1/3 cup canned chicken broth

1 (8-ounce) package angel hair pasta

¼ cup grated Romano cheese

1. In a large pan coated with nonstick cooking spray, heat the olive oil and sauté the chicken until almost done, about 4 minutes. Season with salt and pepper, add garlic and basil.
2. Add the chicken broth, cooking until heated through.
3. Meanwhile, cook the pasta according to package directions. Drain and set aside.
4. When the chicken is done, toss with pasta and Romano cheese.

Adapted from: Eating Well Through Cancer. Easy Recipes and Recommendations During and After Treatment.



Roasted Turkey Breast (makes 8 servings)

Easy and herbs enhance a plain turkey breast.

Ingredients

1 (3-pound) fresh turkey breast
½ cup canned chicken broth
1 tablespoon dried rosemary leaves
1 teaspoon garlic powder
1 teaspoon dried thyme leaves
1 teaspoon dried oregano leaves
¼ teaspoon black pepper

1. Preheat oven to 375 degrees. Rinse the breast and pat dry. Place in a shallow baking dish. Add the broth and enough water to come up to ¼ inch in the dish.
2. Sprinkle the rosemary, garlic powder, thyme, oregano, and pepper all over the turkey.
3. Bake for 1 to 1 ½ hours or until the internal temperature is 170 degrees on a meat thermometer.

Adapted from: *Eating Well Through Cancer. Easy Recipes and Recommendations During and After Treatment.*



Banana Puff (makes 8 servings)

A light and tasty meal for breakfast or any time of day.

Ingredients

2 eggs, separated

¼ cup sugar

1 cup plain yogurt

2 tablespoons butter, melted

1 teaspoon vanilla extract

¾ cup all-purpose flour

2 teaspoons baking powder

Teaspoon baking soda

¼ teaspoon ground cinnamon

1 banana, diced

1. Preheat oven to 400 degrees. In a mixing bowl, beat egg yolks, sugar, yogurt, and butter until blended.
2. Combine dry ingredients, and beat into egg mixture until all ingredients are moistened.
3. In another bowl, beat egg whites until stiff. Carefully fold into batter. Fold in bananas.
4. Spread batter into a 9-inch round cake pan coated with nonstick cooking spray. Bake for 20-25 minutes and serve immediately.

Adapted from: Eating Well Through Cancer. Easy Recipes and Recommendations During and After Treatment.

