



AMERICAN ONCOLOGY NETWORK, LLC

**Mastering  
the Art  
of COVID  
COOKING**



During these challenging times, it's more important than ever that we work together as one.

This cookbook is testament to the fact that when we work together, we can achieve great things.

Thank you for participating in our recipe collection and thank you for the work you do each day to ensure every patient at every practice receives the highest quality of care.



# CONTENTS

---

Cocktails [4](#)

Appetizers [8](#)

Salads & Dressings [14](#)

Soups [18](#)

Sandwiches [21](#)

Meat & Poultry [24](#)

Shellfish [34](#)

Vegetarian [39](#)

Sides [42](#)

Desserts [44](#)

The image features a teal background with a soft-focus photograph of two martini glasses. The glass in the foreground is filled with a light-colored, bubbly liquid. A white, decorative label with a dotted border is centered over the glass, containing the word "Cocktails" in a teal, cursive font.

# Cocktails

## Big Batch Bloody Mary's

### Messino Cancer Centers

8 cups tomato juice  
1/2 cup lemon juice  
1/4 cup lime juice  
2 tbsp Worcestershire sauce  
4 tsp prepared horseradish, optional  
1 tsp celery salt  
1 tsp pepper  
1 tsp hot pepper sauce  
2 cups Vodka

**OPTIONAL GARNISHES:** Celery ribs, pickle spears, green and ripe olives, cucumber slices, pickled mushrooms, cubed cheese, beef sticks, cherry tomatoes, cocktail shrimp

In a pitcher, stir together the first 8 ingredients. For each serving, pour about 1 cup over ice with 1/4 cup vodka; add optional garnishes as desired.

## Blackberry Sangria

### AON Pharmacy

2 bottles of Cabernet 750 ml  
8 oz blackberry Brandy  
16 oz cranberry juice (cocktail)  
16 oz apple juice  
16 oz blackberry syrup (I use Monin gourmet syrup)

Squeeze 1 orange wedge in wine glass, pack w/ice & pour Sangria!

## Bourbon Slush

### Hematology Oncology Clinic

2 cups tea  
1 1/2 cups sugar  
1 12 oz can frozen orange juice  
2 cups Bourbon  
6 cups water

Mix all ingredients well. Freeze, stir it twice before it freezes. Add 7 Up.

## Dalmatian

### Hematology Oncology Clinic

#### For Peppered Simple Syrup

1/4 cup crushed black peppercorns

1 cup water  
1 cup sugar

#### For Cocktail

1.5 oz black pepper simply syrup  
1.5 oz Karlsson's Gold Vodka or other Vodka  
3 oz fresh grapefruit juice

#### Make the black pepper simple syrup

Place the sugar, water and peppercorns in a small pot and bring to a boil, stirring once or twice. Once sugar is dissolved take off heat and let cool. Leave peppercorn in syrup to lend it a strong flavor. Strain them out when it is spiced to taste. Chill.

#### Make the cocktail

Combine the simple syrup, vodka and grapefruit juice in a cocktail shaker. Fill with ice and shake vigorously for amount 1 minute. Strain into ice-filled glass.

## Dill Pickle Martini

### Oncology Hematology Associates

2 cups ice  
1 1/2 fluid ounces dill pickle juice  
4 1/2 fluid ounces Vodka  
2 dill pickle spears

Pour ice into a cocktail shaker. Pour dill pickle juice and vodka over the ice. Cover the shaker and shake vigorously for about 20 seconds. Strain into martini glasses. Garnish each cocktail with a dill pickle spear.

## French 75

### Hematology Oncology Clinic

1.5 oz Gin  
1.5 oz Simply Syrup  
3/4 oz lemon juice  
Champagne

Make simple syrup using equal parts water and sugar, melted then cooled. Squeeze fresh lemons for juice. Mix together into shaker with ice. Pour into glass and top with champagne (Target has 4-pack of mini champagnes which works well as you only use a small amount of champagne). **Tip:** Coat the rim in sugar for extra treat. Garnish with a lemon twist if you're feeling extra fancy.

## Frozen Peach at the Beach

### *Hematology Oncology Clinic*

1 cup frozen pineapple  
1 cup frozen peaches  
1 cup orange juice  
1 cup pineapple juice  
Crown Royal Peach to your taste  
Ice

## Kentucky Lily

### *Cancer & Blood Specialists of Louisville*

1 part Finlandia® Vodka  
1 part Sweet and Sour Mix  
1/4 part Triple Sec  
3 parts cranberry Juice

Fill a stemless wine glass with crushed ice. Add in the ingredients and stir. Add a straw and garnish with blackberries and a lemon wedge.

## Lemon Drop Martini

### *AON Pharmacy*

3 oz of lemon flavored Vodka  
1/4 cup of fresh lemon juice  
2 tbsp of sugar & more for the rim  
Mint leaves, torn (optional for garnish)

Combine all the ingredients except the mint leaves in a cocktail shaker with ice and shake. Take a chilled martini glass and rub a lemon wedge around the edge and then dip the glass rim in sugar. Enjoy!

## Mike's Magical Martini

### *Vista Oncology*

1/4 oz Sweet Vermouth  
3/4 oz Dry Vermouth  
2 oz Gin  
8 oz Vodka (or just fill shaker to about 1/2 inch of top)  
Ice  
Martini olives or Tomolives  
Lemon peel & core separated

Fill full size shaker 1/2 full of ice. If cubes are big (like most ice makers) then either bash them smaller or use a metal shaker and bounce them about first to break up. Add Vermouth, Gin, & Vodka. Shake till frost forms on outside of metal shaker. In 2 large martini glasses

swipe the inside with lemon after taking the peel off, twist the peel to release the juice and add to the martini glasses with either 3 martini olives or Tomolives. Add Martini to the glasses, sit, and enjoy with someone else.

## Moscato Punch

### *Hematology Oncology Clinic*

2 bottles of Moscato  
1 cup sprite or more to taste  
1 can of frozen picnic concentrated lemonade  
Add frozen raspberries/cranberries

Add all ingredients together in a large punch bowl. Enjoy!

## Peach Mango Frozen Cocktail

### *Hematology Oncology Clinic*

1 bottle Crown Royal Peach  
Ice  
1 pack peach Kool-Aid  
1 cup of water  
Sugar  
Strawberry syrup

Add desired amount of ice into blender. Mix Kool-Aid mix and 1 cup of water into measuring cup (add desired amount of sugar to taste) and pour into blender. Add Crown Royal Peach (desired amount) into blender. Blend until desired consistency. Pour strawberry syrup to the bottom of a glass or cup. Pour mixture from blender into cup and add a few drops of strawberry syrup. Can add peaches, mango's or strawberries for decoration.

## Pineapple Rum Cocktail

### *Hematology Oncology Clinic*

Pineapple chunks (frozen or chilled)  
3 cups chilled pineapple juice  
1 cup chilled Malibu Rum-Coconut flavor

Pour pineapple juice and 1 cup rum into glass. Add frozen or chilled pineapples into glass. Can be served on the rocks or add ice to make frozen.

## Pink Shimmies

*(Didier Family Recipe)*

*Hematology Oncology Clinic*

Fifth of Gin or Vodka  
Fifth of water  
1/2 cup sugar  
2 small cans of frozen pink lemonade concentrate  
2 oranges sliced  
2 lemons sliced  
1 jar of cherries and juice

Mix it all ahead of time then serve over ice, mixed evenly with Sprite or 7 Up.

## Satsuma Martini

*Hematology Oncology Clinic*

Juice 1.5 satsumas  
2 parts Vodka  
1 part Cointreau  
Squirt of lime

Shake all ingredients and pour.





# *Appetizers*



## 2 Cup Dip

### *Hematology Oncology Clinic*

- 2 cup shredded sharp cheese
- 2 cup mayonnaise
- 2 cups chopped pecans
- 2 cups green onions
- 1 bag Frito scoop chips
- 1 small jar of Jalapeno Tabasco Pepper Jelly
- 1 small jar of Red Pepper Tabasco Pepper Jelly

1. Mix all ingredients together in a bowl.
2. Line an 8" pan with plastic wrap prior to putting the mixed ingredients in a pan. Firmly press the mixture into the pan and mold it until its flat on top.
3. Refrigerate mold overnight.
4. Carefully take the mold out of the pan (line the pan with plastic wrap to make the process easier) and place on a serving dish.
5. Mix together the Jalapeno and Red Pepper Tabasco Jellies to over the mold entirely.
6. Scoop with Frito Chips.

## 2 Kentucky Hot Browns

### *Cancer & Blood Specialists of Louisville*

- 2 oz whole butter
- 2 oz all-purpose flour
- 8 oz heavy cream
- 8 oz whole milk
- 1/2 cup of Pecorino Romano Cheese, plus 1 tbsp for garnish
- Pinch of ground nutmeg
- Salt and pepper to taste
- 14 oz sliced roasted turkey breast, slice thick
- 4 slices of Texas Toast (crust trimmed)
- 4 slices of crispy bacon
- 2 Roma tomatoes, sliced in half
- Paprika
- Parsley

1. In a two quart saucepan, melt butter and slowly whisk in flour until combined and forms a thick paste (roux). Continue to cook roux for two minutes over medium low heat, stirring frequently.
2. Whisk heavy cream and whole milk into the roux and cook over medium heat until the cream begins to simmer, about 2-3 minutes. Remove sauce from heat and slowly whisk in Pecorino Romano cheese until the Mornay sauce is smooth.
3. Add nutmeg, salt and pepper to taste.
4. For each Hot Brown, place two slices of toast with the crusts cut off in an oven safe dish – one slice is

cut in half corner to corner to make two triangles and the other slice is left in a square shape - then cover with 7 ounces of turkey.

5. Take the two halves of Roma tomato and two toast points and set them alongside the base of the turkey and toast. Next, pour one half of the Mornay sauce to completely cover the dish.
6. Sprinkle with additional Pecorino Romano cheese. Place the entire dish in the oven.
7. Suggested bake time is 20 minutes at 350°. When the cheese begins to brown and bubble, remove from oven, cross two pieces of crispy bacon on top, sprinkle with paprika and parsley, and serve immediately.

## Beer Bread/123 Bread

### *Oncology Hematology Associates*

- 1 can of beer
- 2 cups flour
- 3 tablespoons sugar

It would be better with self-rising flour—not all-purpose flour or add a teaspoon of baking powder per cup of flour used. Or add 1/2 teaspoon baking powder and 1/2 teaspoon baking soda per cup of flour.

1. Mix well. Put in greased pan. Bake at 375 F for 30-45 minutes.
2. You can substitute lemon lime soda or seltzer water for the beer.
3. You can spruce it up a bit as well. Brush the top with garlic, mix in cheese and/or bacon bits. Add herbs.

## BLT Dip

### *Hematology Oncology Clinic*

- 28 oz cream cheese softened
- 3/4 cup sour cream
- 2 tbsp Ranch seasoning
- 3/4 cup finely shredded romaine lettuce
- 1 cup diced tomatoes
- 8 slices bacon cooked and crumbled
- 1/4 cup sliced green onions

1. Place the cream cheese in the bowl of a mixer and beat until smooth.
2. Add the sour cream and ranch, then beat until fully combined.
3. Spread the ranch mixture with lettuce, tomatoes, bacon and green onions.

## Buffalo Chicken Dip

### *Hematology Oncology Clinic*

1 Rotisserie chicken, shred meat  
8 oz softened cream cheese  
1/2 cup ranch dressing  
1/2 cup Frank's Red Hot sauce  
2 cups shredded cheddar cheese

1. Bake at 350 until cheese is melted.

## Buffalo Wing Dip

### *Zangmeister Cancer Center*

2 packages cream cheese, softened in microwave  
1 cup Buffalo wing sauce (I use Texas Petes mild)  
1 cup Ranch dressing  
2 cans chicken breast, drained of water (12.5 oz each, I use Kirkland brand)  
2 cups shredded cheddar

1. Soften cream cheese in microwave for 2 min, stir and add chicken, wing sauce, and ranch. Microwave for another minute to minute 1/2.
2. Add cheddar and stir.
3. Put in crockpot to keep warm.
4. Serve with tortillas and celery.

## Corn Dip

### *Oncology Hematology Associates*

3 cans (11 oz) Mexican-style corn, drained  
1 can (4 oz) diced green chilies  
1 container (8 oz) sour cream  
3/4 cup mayonnaise  
1 bag (10 oz) shredded cheddar cheese  
1 jalapeno pepper, finely chopped  
5 green onions, chopped

1. Add all ingredients to large bowl. Mix well.
2. Refrigerate 2 hours before serving.
3. Serve with Fritos or Tostitos. Enjoy!

## Crab Spread

### *Hematology Oncology Clinic*

12 oz cream cheese  
1 tbsp lemon juice  
1 small onion grated

2 tbsp Worcestershire sauce  
2 tbsp Hellman's Mayonnaise  
Garlic salt  
1 6.5 oz crab meat  
Fresh parsley  
1/2 bottle chili sauce

1. Mix together cream cheese, lemon juice, onion, mayonnaise and Worcestershire sauce.
2. Spread 3/4 thick on serving platter.
3. Pour 1/2 bottle of chili sauce.
4. Drain, flake and rinse 6.5 oz can of crab meat.
5. Sprinkle crab over sauce.
6. Sprinkle with parsley.
7. Refrigerate 3 hours.
8. Serve with crackers.

## Crockpot Creamy Chicken Nachos

### *Hematology Oncology Clinic*

2 cans cream of chicken soup (10oz)  
1 can black beans  
1 can Rotel tomatoes (14 oz can)  
1 cup shredded cheese  
2 large chicken breasts diced (salt and pepper to taste)

1. Dump everything into a crock pot and cook on low for 4-6 hours (or 2-3 on high).
2. Serve over tortilla chips and garnish with sour cream, sliced avocado, black olives etc.

## Grilled Chicken Wings

### *Hematology Oncology Clinic*

Fresh chicken wings  
Cavender's All Purpose Greek Seasoning  
Tony Chachere's Creole Seasoning

1. Start your grill at a low heat (250-300 degrees).
2. Sprinkle wings with seasonings. The combo of the two can be salty so you might need to get the low salt version if need be.
3. Put the wings on grill bone side down. Do not flip.
4. 2.5 hours later or until crispy remove from the grill.
5. Serve with dipping sauce of choice.
6. Well worth the wait.
7. Great reheated in oven coated with Frank's Red Hot Sauce.

## Healthy Spicy Black Bean Dip

### *Vista Oncology*

15 oz can black beans, drained and rinsed  
1/4 cup fresh salsa  
1/4 cup fresh cilantro, including stems  
2 tbsp fresh lime juice  
1 tsp cumin  
1/2 tsp garlic salt  
1/4 tsp chili powder  
1/4 tsp kosher salt

1. Place all the ingredients in a food processor and pulse until the black beans and cilantro are nearly blended.
2. Add up to a tablespoon of water to thin the hummus if necessary.
3. Serve with tortilla chips or fresh cut vegetables like bell pepper strips, cucumbers, zucchini, celery, snap peas, or carrots.

## Hot Bean Dip

### *Hematology Oncology Clinic*

1 package taco seasoning  
8 oz cream cheese  
8 oz sour cream  
1 can refried beans  
Dash Tabasco  
Cheddar cheese (save some for the top)  
Jar of jalapenos for juice and topping

1. Mix ingredients together and pour in dish.
2. I pour some of the juice for the jalapenos into the mix.
3. You can also chop some into small pieces to put in the mixture as well.
4. Sprinkle remaining cheese on top then top with more jalapenos.
5. Bake at 350 for about 30 minutes or until bubbly.
6. Serve warm with Fritos or chips of choice.
7. Easy to double or make in a crockpot for parties.

## Hot Crab Dip

### *Hematology Oncology Clinic*

2 cups lump crabmeat  
1 cup sour cream  
8 oz cream cheese (softened)  
1 cup buttermilk

1 cup mayonnaise  
1 cup shredded Monterey Jack cheese  
1 cup white cheddar cheese  
2 (8oz) cans artichoke hearts (drained and chopped)  
2 tbsp minced garlic  
1/2 tsp ground black pepper  
1/2 tsp dried dill  
1/4 cup grated parmesan cheese  
1/2 tsp Old Bay Seasoning (or to taste)

1. Preheat oven to 400 degrees.
2. Lightly grease an 8x8" square baking pan.
3. In a large bowl, combine crabmeat, sour cream, cream cheese, buttermilk, mayonnaise, Monterey Jack cheese, cheddar cheese, artichoke hearts, garlic, black pepper, and dill.
4. Stir until well mixed.
5. Spoon dip into prepped baking pan.
6. Sprinkle with parmesan cheese and Old Bay Seasoning.
7. Bake in preheated oven for 15-20 minutes (until it starts to bubble).
8. Serve with crackers or chips.

## Hummus

### *Oncology Hematology Associates*

1/2 cup sesame seeds  
1 tbsp olive oil  
1 lemon  
1 15 oz can of garbanzo beans  
2 cloves of garlic  
1/8 cup olive oil  
1/2 tsp cumin  
2 pinches kosher salt  
Aquafaba (bean liquid)  
Parsley  
Paprika

1. Sauté sesame seeds in 1/2 tablespoon oil until light brown and fragrant.
2. Add 1/2 Tbsp olive oil and juice of half of the lemon. Process in food processor until smooth.
3. Sauté two cloves of garlic.
4. Drain can of garbanzo beans, saving liquid.
5. Combine beans, sesame seed mixture, garlic, cumin, and salt. Process until smooth. Add aquafaba until correct consistency. Top with parsley and paprika.
6. May add roasted red peppers or avocado.

## Mama's Shrimp

### Hematology Oncology Clinic

2 pounds boiled shrimp, coarsely ground  
1 (8oz) package of soft cream cheese  
Juice from one lemon  
7 green onions, minced  
Tabasco, Worcestershire sauce, salt, pepper to taste  
Mayonnaise (prefer Hellmann's)

1. Soften cream cheese with lemon juice.
2. Add shrimp and green onions to cream cheese mixture.
3. Add enough mayonnaise for a consistency for dipping crackers or chips.
4. Season with Tabasco, Worcestershire sauce, salt, pepper to taste.

**Tip:** Make dip at least 8 hours before serving, best crackers to go with dip are Ritz or Chicken in a Biscuit.

## Mint Julep Bourbon Chicken Skewers

### Cancer & Blood Specialists of Louisville

1/2 cup bourbon  
1 tbsp brown sugar  
4 tbsp fresh mint leaves, divided  
1/4 cup balsamic vinegar  
1/2 tsp ground allspice  
1 lemon, zested and juiced  
1 lb chicken breasts, diced into small cubes

1. Add the bourbon, brown sugar, 2 tbsp mint, balsamic vinegar, allspice, lemon zest and lemon juice to a large mixing bowl and whisk to combine.
2. Place the chicken in the marinade. Place in the refrigerator for 30 minutes to marinate.
3. Remove the chicken from the marinade and place on small or large skewers.
4. Grill the skewers over medium heat for 20 minutes, rotating throughout the cooking process.
5. Serve large skewers as a meal with fresh chopped mint on top or add fresh mint leaves to smaller skewers to serve as an appetizer.
6. You can also remove the chicken from larger skewers, place a mint leaf on each piece of chicken then skewer with a toothpick and serve.

### Notes

- If using wooden skewers, large or small, be sure to soak the skewers in water for 30-60

minutes before adding the chicken and grilling.

- To make a sauce to serve with the skewers, reserve the marinade and place it in a small pot on the stove over high heat. Bring to a rapid boil and boil for 1-2 minutes. Allow to cool slightly before serving with the skewers.

## Party Roast Beef Sandwiches

### AON Pharmacy

1 (12-ct) package King's Hawaiian Rolls  
3/4 lb thinly sliced deli roast beef  
3 tbsp creamy horseradish sauce, divided  
8 slices white American cheese (or your favorite cheese, we use Muenster or Mozzarella)  
6 tbsp butter  
2 tbsp brown sugar  
1 tbsp Worcestershire sauce  
1 tbsp poppy seeds

1. Preheat oven to 350 degrees.
2. Split each dinner roll. Spread a small amount of creamy horseradish sauce on the bottom of each roll. Make a sandwich of the roast beef and cheese and the dinner rolls. Arrange the sandwiches in a 9x13 pan.
3. In a small sauce pan combine butter, brown sugar, 1 Tbsp horseradish sauce, Worcestershire and poppy seeds. Bring to a boil and pour over sandwiches. (I use a silicon brush and paint it on).
4. Bake for 20-30 minutes, or until the tops are brown and crispy.

## Pumpkin Dip

### AON Pharmacy

15 oz can pumpkin  
8 oz cream cheese (softened)  
2 cups powdered sugar  
1 tbsp cinnamon  
1 tbsp pumpkin spice

1. Mix all together until smooth, chill and serve with ginger snaps.

## Rotel Dip

### Hematology Oncology Clinic

Jimmy Dean Sausage (original or spicy)  
Philadelphia cream cheese



Tostito Queso Blanco Dip  
Pinch of garlic powder  
Season salt (season to your liking)

1. Brown sausage and drain grease.
2. Mix all ingredients together until cheese melts.
3. Serve with chips.

## Seasoned Pretzels

### *Oncology Hematology Associates*

15 oz bag pretzels  
1 cup oil  
1 package dry ranch dressing  
1 tsp cayenne pepper  
1 tsp garlic powder  
1 tsp lemon pepper

1. Mix oil and all dry ingredients in plastic container.
2. Add pretzels.
3. Cover and roll container every 10 minutes or so until evenly coated.
4. It takes several hours for the oil and seasonings to soak in. Make the day before.

## Zucchini Bread

### *AON Pharmacy*

3 cups all-purpose flour  
1 tsp salt  
1 tsp baking soda  
1 tsp baking powder  
1 tbsp ground cinnamon  
3 eggs  
1 cup vegetable oil  
2 1/4 cups white sugar  
3 tsp vanilla extract  
2 cups grated zucchini  
1 cup chopped walnuts

1. Grease and flour two 8 x 4 inch pans. Preheat oven to 325 degrees F (165 degrees C).
2. Sift flour, salt, baking powder, soda, and cinnamon together in a bowl.
3. Beat eggs, oil, vanilla, and sugar together in a large bowl. Add sifted ingredients to the creamed mixture and beat well. Stir in zucchini and nuts until well combined. Pour batter into prepared pans.
4. Bake for 40 to 60 minutes, or until tester inserted in the center comes out clean. Cool in pan on rack for 20 minutes. Remove bread from pan, and completely cool.



**Salads &  
Dressings**



## Banana Pineapple Salad

### Zangmeister Cancer Center

- 2 pkg Lemon Jell-O
  - 1 (15.5oz) can pineapple tidbits, drained (save the juice)
  - 4 medium sliced bananas
  - 1/2 cup sugar
  - 2 tbsp flour
  - 1 egg
  - 1 tbsp salad dressing (Miracle Whip)
  - Pinch of salt
  - 1 tub Cool Whip
  - 1/2 cup chopped nuts
1. Drain pineapple juice into sauce pan; add sugar, flour, egg and salt, then cook until thick. Cool and set aside or refrigerate for later application.
  2. Dissolve the Jell-O with 2 3/4 cups of hot water. Cool and pour into 8x12 inch flat pan. Add pineapple tidbits and banana slices, then chill until firm.
  3. Fold the cooled pineapple mixture in with the Cool Whip and spread over the firm Jell-O.
  4. Just before serving, sprinkle the chopped nuts over the top.

## Best Homemade Buttermilk Ranch Dressing

### Oncology Hematology Associates

- 3/4 cup mayonnaise
  - 3/4 cup buttermilk
  - 2 tsp minced garlic
  - 2 tsp minced onion
  - 2 tsp fresh parsley
  - 2 tsp fresh chives
  - 1 tsp fresh dill weed
  - 1/4 tsp sea salt
  - 1/8 tsp black pepper
1. Add all ingredients to a small mixing bowl and whisk until well combined.
  2. Transfer to an airtight dressing container or pint-sized mason jar.
  3. Refrigerate the Buttermilk Ranch Dressing for at least one hour before serving. If you use dried herbs, you should refrigerate it overnight.

To substitute dried herbs, use 3 tablespoons of my homemade ranch seasoning blend. If you use dried herbs, it's best to let it sit overnight so the dried herbs

can fully re-hydrate.

Want to make a ranch dip instead of ranch dressing? Simply swap the buttermilk for sour cream. It goes great with fresh veggies and chips.

The Buttermilk Ranch Dressing will last in the refrigerator for as long as the earliest expiration date on the buttermilk or mayonnaise. So, make sure to use the very freshest ingredients!

## Broccoli Salad

### Hematology Oncology Clinic

- 1 bunch of broccoli chopped
- 1/2 cup purple onions chopped
- 1/2 cup pecans
- 1/2 cup raisins
- 7-8 strips of bacon crumbled

1. Mix together.

### Dressing

- 1 cup Mayonnaise
- 1/2 cup sugar
- 2 tbsp apple cider vinegar

1. Mix dressing separately, then toss in salad right before serving.

## Broccoli Salad w Garlic & Sesame

### Hematology Oncology Clinic

- 1 1/2 tsp red wine vinegar
- 1 tsp kosher salt
- 2 heads of broccoli, 1 pound each cut into florets
- 3/4 cup extra virgin olive oil
- 4 fat garlic cloves minced
- 2 tsp cumin seeds
- 2 tsp roasted Asian Sesame oil
- Large pinch crushed red pepper flakes

1. In large bowl stir together the vinegar and salt.
2. Add broccoli and toss to combine.
3. In a large skillet.
4. Heat olive oil until hot, not smoking.
5. Add garlic and cumin cook until fragrant about 1 minute.
6. Stir in sesame oil and pepper flakes.
7. Pour mixture over broccoli and toss well.
8. Let sit for at least 1 hour at room temperature and up to 48 hours.
9. Adjust the seasoning to taste.

## Broccoli Slaw

### *Hematology Oncology Clinic*

1 package broccoli slaw  
3 stalks of chopped celery  
5 sliced green onions  
1/2 cup sunflower seeds  
3/4 cup slivered almonds  
1/2 cup oil  
1/2 cup vinegar  
1/2 cup sugar  
1 1/2 tsp soy sauce  
1 can rice noodles

Mix all ingredients together.

## Crunchy Slaw

### *Oncology Hematology Associates*

1 large head Bolkow or Napa cabbage (celery cabbage)  
2 bunches green onions  
2 stalks celery  
1/3 cup butter or margarine  
2 packages raw ramen noodles  
1 package slivered almonds  
2 tbsp sesame seeds  
1/4 cup vinegar  
1/2 cup oil  
1/2 cup sugar

1. Chop 1 large head cabbage, 2 bunches green onions, 2 stalks celery.
2. Sauté until lightly browned (stir to keep from getting too brown) 1/3 cup butter or margarine, 2 packages raw ramen noodles (crunched), 1 package slivered almonds, 2 tbsp sesame seeds, set aside.
3. Bring to a boil the dressing of 1/4 cup vinegar, 1/2 cup oil, 1/2 cup sugar, cool.
4. Just before serving, combine all ingredients and toss with dressing. Makes large salad. Keeps for several days under refrigeration.

## Grape Salad

### *Oncology Hematology Associates*

2 lbs green seedless grapes  
2 lbs red seedless grapes  
8 oz cream cheese  
1 cup sour cream  
1 teaspoon vanilla  
1 cup brown sugar

8 oz chopped pecans

1. Blend cream cheese, sour cream, and vanilla until smooth.
2. Fold in grapes.
3. Mix together brown sugar and pecans.
4. Top the grape mixture.
5. Chill for 2 hours before serving. Enjoy!

## Homemade Russian Dressing

### *Oncology Hematology Associates*

1 cup mayonnaise  
1/2 cup sour cream  
1/2 cup ketchup  
2 tbsp grated onion  
1/2 tsp ground mustard  
a few drops of hot sauce, to taste  
1 tsp Worcestershire sauce  
2 tbsp heavy cream  
2 tbsp freshly minced parsley

1. In the bowl of a food processor, combine 1 cup mayonnaise, 1/2 cup sour cream, 1/2 cup ketchup, 2 tablespoons freshly grated onion, 1/2 teaspoon ground mustard, a few drops hot sauce, 1 teaspoon Worcestershire sauce, 2 tablespoons heavy cream, and 2 tablespoons freshly minced parsley.
2. Pulse it a couple times until smooth.
3. Chill for several hours or overnight. Serve and enjoy!

**NOTE:** You can also whisk this by hand until smooth or use a blender. This salad dressing gives a flavorful boost to just about anything, so don't be afraid to try it with different things.

## Strawberry Romaine Salad

### *Hematology Oncology Clinic*

2 pints strawberries, sliced  
2 heads romaine lettuce  
1 red onion, sliced

#### **Dressing**

1 cup Hellman's mayo  
1/4 cup white vinegar  
2/3 cup white sugar  
1/2 cup milk  
2 tbsp poppy seeds (optional)

1. Mix dressing well, toss just before serving.
2. Unless you are serving many people, half the recipe is plenty.



# The Best Italian Pasta Salad

## *Messino Cancer Centers*

For the Vinaigrette

1/2 cup red wine vinegar  
1/2 cup extra virgin olive oil  
3 cloves garlic, minced  
1 tbsp honey  
1 tbsp dried Italian seasoning  
1/2 teaspoon salt

For the Salad

1 pound fusilli pasta  
1 pint cherry tomatoes, halved  
1 cup chopped hard salami slices  
3/4 cup chopped grilled piquillo peppers, or jarred roasted red peppers  
1/2 cup chopped red onion  
1/4 cup chopped Italian parsley  
12 ounces mini mozzarella balls, drained and halved (22-24 balls)  
3.8 ounces sliced black olives (1 can, drained)

1. Place a large pot of water over high heat and bring to a boil. Add a large spoonful of salt to the water. Then stir in the dried pasta. Cook according to package instructions, usually 6-8 minutes to al dente. Drain the pasta, and rinse with cold water in a colander. Shake off the excess water and place the pasta in a large salad bowl.
2. While the pasta is boiling, whisk all the ingredients of the vinaigrette in a small bowl. Set aside. Then chop all the salad ingredients.
3. Pour the tomatoes, sliced hard salami, chopped peppers, red onion, parsley, mozzarella ball and olives over the pasta. Pour the vinaigrette over the top and toss well to coat. Taste, then season with salt and pepper as needed.

**Note:** The recipe tastes best when it's had time to sit, so the flavors mingle together. If you can make it several hours or even a day ahead.

A top-down view of a white bowl filled with a light-colored soup. The soup is garnished with a swirl of cream, sliced onions, and fresh herbs. A white label with a decorative border is centered over the bowl.

# *Soups*

## Cheeseburger Soup

### *Oncology Hematology Associates*

1/2 lb ground beef (sautéed until no longer pink)  
3/4 cup chopped onion  
3/4 cup shredded carrots  
3/4 cup diced celery  
1 tsp dried basil  
1 tsp dried parsley  
4 tbsps butter, divided  
3 cups chicken broth  
4 cups diced, peeled potatoes  
1/4 cup flour  
2 cups cheddar cheese  
1 1/2 cups milk  
Salt, pepper, and garlic powder to taste  
1/4 cup sour cream

1. In 3-quart saucepan, sauté onion, carrots, celery, basil & parsley in 1 TBSP butter until tender.
2. Add broth, potatoes and cooked ground beef. Bring to a boil.
3. Reduce heat, cover, and simmer for 10-15 minutes until potatoes are tender.
4. Meanwhile in a small pan melt remaining butter, add flour, cook and stir for 1-2 min or until bubbly.
5. Add to soup, bring to boil, cook and stir for 2 minutes.
6. Reduce heat to low and add cheese, milk, salt, pepper, and garlic powder. Stir until cheese melts.
7. Blend in sour cream & serve.

## Corn & Shrimp Soup

### *Hematology Oncology Clinic*

4 lbs shrimp (cleaned, deveined, no shells)  
8 oz margarine or 2 sticks and 1/4 cup margarine  
6 cups flour  
35 oz water  
2 cans (10 oz each) + 1 qt of chicken broth  
4 cans tomato sauce (8 oz cans each)  
4 cans cream style corn  
2 cans whole kernel corn  
1 qt chopped onions  
1 bell pepper  
2 cups chopped celery  
4 garlic cloves chopped  
Salt, pepper, red pepper, thyme, bay leaves, season all/  
Tony's

1. In a pot put 1/4 cup margarine and shrimp on low, heat and stir until pink (7-10 minutes).
2. Strain and discard margarine.

3. Put shrimp to the side.
4. In pot put 2 sticks of margarine and flour.
5. Brown until color of peanut butter (Roux).
6. Mix slowly chicken broth and water to Roux.
7. Add 1 qt onion, bell pepper, celery and garlic.
8. Add tomato sauce.
9. Add salt, pepper, red pepper to taste.
10. Add 1/2 tsp thyme 1/4 cup parsley, 2 bay leaves, 1/2 tsp garlic salt and 1/2 tsp season All or Tony's.
11. Cook on low heat for 2.5 hours.
12. When onions and celery are done, they will fall to the bottom.
13. Add corn (both cream and whole kernel) and shrimp.
14. Cook for 20 minutes.
15. Serve with club crackers or oyster crackers, lightly spread with butter on top of crackers and let the cracker sit in soup.

## KETO Cheesy Garlic Chicken Soup

### *AON Pharmacy*

4 tbsps of butter  
4 cups of shredded chicken  
8 oz of cream cheese (cubed)  
4 cloves of minced garlic  
1 tsp of pink Himalayan salt  
Pinch of parsley  
Pinch of onion powder  
Pinch of paprika  
2 14.5 oz cartons of chicken broth  
1/2 cup heavy whipping cream  
Pinch of salt (to taste)

1. Cook and shred the chicken (either boil, pressure cook, slow cook, or sauté).
2. Melt the butter in a medium sized pot over medium heat.
3. Add the shredded chicken to the pot and coat with the melted butter.
4. As the chicken begins to warm, add cubes of cream cheese, pink Himalayan salt, parsley, onion powder, and paprika. Mix to blend all the ingredients well.
5. Once the cream cheese has melted and is evenly distributed, add the chicken broth and heavy whipping cream. Bring to a boil, then reduce heat to low and simmer for about 3-5 minutes.
6. Add salt to taste.
7. Enjoy.

# Taco Soup

## Hematology Oncology Clinic

1 lb extra lean ground beef  
1 onion chopped  
3 15.5 oz cans of mild chili beans  
1 14.5 oz can whole tomatoes undrained  
1 14.25 oz can corn undrained  
1 8 oz can tomato sauce  
1 package 1 1/4 oz taco seasoning  
1 1/2 cups of water  
1 1/2 cups of 2% shredded cheddar cheese

1. Brown meat with onions in large saucepan, drain, return meat mixture to pot.
2. Add all remaining ingredients except cheese.
3. Stir, breaking up tomatoes with spoon.
4. Cook on low heat for 5-10 minutes, stirring.
5. Top with cheese.

# Zuppa Toscana

## AON Pharmacy

4 slices whole 30-compliant bacon cut into about 1/2" pieces  
1 pound Italian sausage made from below recipe or store bought  
1/2 tsp crushed red pepper flakes  
4 medium yellow potatoes about 1 pound 3 ounces, diced into bite-sized pieces  
1 medium white or yellow onion diced  
2 tbs garlic minced, about 4 cloves  
4 cups chicken stock  
1/2 bunch kale stems removed, and leaves chopped, 4 cups  
1 can coconut milk  
Salt and pepper to taste

## Homemade Whole 30 Italian Sausage

1 pound ground pork  
1 tbsp red wine vinegar  
1 tsp salt  
1 tsp black pepper  
1 tbsp fresh chopped parsley or 2 tsp dried  
1 tsp garlic powder  
1 tsp onion powder  
1 tsp dried basil  
1 tsp paprika  
1 tsp red pepper flakes  
1/4 tsp ground fennel seed optional  
pinch dried oregano  
pinch dried thyme

1. If making Italian sausage: combine all ingredients in a bowl and mix well. Alternately, combine all ingredients in the saucepan and stir well when browning.
2. In a Dutch oven or heavy-bottomed medium pot over medium heat, add Italian sausage and sprinkle crushed red pepper flakes over. Use a spoon to break up the pieces. When browned and cooked through, drain and set aside.
3. Cook the bacon pieces in the same Dutch oven over medium heat until crisp, about 5-10 minutes. Remove the crisp bacon and set aside - don't get rid of the bacon fat! Stir in the onions and garlic; cook until onions are soft and translucent, about 5 minutes.
4. Pour the chicken broth into the Dutch oven with the onions and garlic and bring to a boil over high heat. Add the potatoes, and boil until fork tender, about 10-20 minutes. Reduce the heat to medium and stir in the coconut milk and the cooked sausage; heat through. Add the bacon and the kale into the soup just before serving and cook 'til the kale is bright green and softened. Add salt and pepper to taste.





# Sandwiches



## Cheeseburger Sliders

### *Hematology Oncology Clinic*

2 1/2 lbs ground beef  
1 onion chopped finely  
1 tsp salt  
1 tsp black pepper  
1 tsp garlic powder  
24 Hawaiian rolls  
12 slices of American cheese

1. Preheat oven to 400 degrees.
2. Cut Hawaiian rolls in half and place on desired baking sheet (18x13).
3. In a bowl, mix beef, onions, salt, pepper and garlic powder.
4. Spread mixture evenly onto bottom half of rolls.
5. Bake 15-17 minutes.
6. Add American cheese.
7. Place top half of Hawaiian rolls into a pan and broil until lightly toasted.
8. Add desired condiments to bottom half then add top half.
9. Using a pizza cutter, cut burgers in 24 squares, then serve.

## Crawfish Pistolettes

### *Hematology Oncology Clinic*

1 lb crawfish tails (can also use shrimp or crab meat)  
8 oz cream cheese  
1/2 stick butter  
1 small onion  
1 stalk celery  
1/2 bell pepper  
1 jalapeno (or red pepper)  
1 bunch of parsley  
12 French bread rolls

1. Sauté crawfish and vegetable slightly.
2. Let cool then mix with butter and cream cheese.
3. Core the bread rolls and stuff with mixture.
4. Heat in 350-degree oven for about 15 minutes.

## Grilled Pineapple Burgers

### *Hematology Oncology Clinic*

2 lbs ground chuck  
3 tbsp Italian Salad dressing  
1 tsp salt  
1/2 tsp black pepper

1 16 oz can slice pineapple  
8 bacon strips  
3/4 cup barbecue sauce  
1/4 cup honey  
1/4 cup brown sugar  
1 tbsp lemon juice

1. Mix beef, dressing, salt and pepper.
2. Shape into patties.
3. Press pineapple slice into each patty and wrap with a slice of bacon.
4. Secure with a wooden pick.
5. Mix barbecue sauce, honey, brown sugar and lemon juice together.
6. Pour over patties.
7. Cover and refrigerate for 2 hours.
8. Grill patties four inches from hot coals for 12-15 min.
9. Turn and brush with sauce and grill until done.

## Made-Rite Sandwiches

### *Oncology Hematology Associates*

1 tsp olive oil  
1/4 yellow onion, minced  
1 lb lean ground beef  
1 cup beef broth  
4 tbsp prepared yellow mustard  
2 tbsp Worcestershire sauce  
1/8 tsp Kosher salt or San Francisco Salt Co  
Cherry Smoked sea salt  
1/8 tsp freshly cracked black pepper

1. Heat olive oil over medium heat in a large skillet. Add minced yellow onion and cook until tender.
2. Add lean ground beef and break up into small pieces/crumbles while it cooks.
3. As beef begins to brown, stir in beef broth. Add mustard, Worcestershire, salt, and pepper.
4. Cook over medium heat for 15 minutes or until liquid is mostly gone.
5. Spoon onto buns and serve.

# New Orleans Muffuletta Sandwich w Olive Salad

## *Hematology Oncology Clinic*

10" round Muffuletta bread loaf or French bread  
1/4 lb mozzarella cheese sliced  
1/4 lb provolone cheese sliced  
1/4 lb ham sliced  
1/4 lb salami sliced  
1/4 capicola sliced or substitute mortadella sliced  
1/2 cup - 1 cup olive salad  
Optional brown sugar

### **For the olive salad to make or buy Biscili Brand**

1 gallon large Pimento stuffed green olives slightly crushed and well drained  
1 quart jar of pickled cauliflower drained and sliced  
2 small jars of capers drained  
1 whole stalk celery sliced diagonally  
4 large carrots peeled and thinly slices or chopped  
1 small jar celery seeds  
1 small jar oregano  
1 large head of fresh garlic peeled and minced  
1 tsp freshly ground black pepper  
1 jar pepperoncini drained, chopped or left whole  
1 lb large Greek black olives  
1 jar cocktail onions drained

1. Combined all ingredients in a large bowl.
2. Place in large jar and cover with 1/2 olive oil and 1/2 Crisco oil.
3. Store tightly covered in refrigerator.
4. Allow to marinate for at least 24 hours before using.

### **Sandwich directions**

1. Preheat oven 350 degrees.
2. Split bread in half.
3. Spread olive salad on the inside on the top half.
4. Add all sliced meat on the bottom inside loaf.
5. Top with sliced cheese.
6. Optionally you can add a few tablespoons of spicy brown mustard to the top of loaf.
7. Place the top loaf on top to the meat and cheese and place on baking sheet.
8. Toast in oven until golden and cheese is melted about 10 minutes.
9. Cut into fourths and serve warm.



**Meat &  
Poultry**



# Baked Chicken Chimichangas

## Oncology Hematology Associates

8 oz package cream cheese  
8 oz pepper Jack cheese, shredded  
1-1/2 tbsp taco seasoning  
1 lb cooked chicken, shredded  
8 flour tortillas  
Cooking spray  
Shredded cheddar cheese  
Green onions for garnish  
Sour cream  
Salsa

1. Stir together cream cheese, pepper Jack cheese, and taco seasoning.
2. Fold in chicken. Divide among flour tortillas. Tuck in sides and roll up each tortilla.
3. Lay seam side down in a sprayed 9 x 13 baking dish. Spray tops of tortillas with cooking spray.
4. Bake at 350 F for 15 minutes.
5. Turn chimis over and bake an additional 15 minutes.
6. Serve with cheddar cheese, green onions, sour cream, and salsa.

# Birria (Family Recipe)

## Vista Oncology

A traditional Mexican dish, often associated with the state of Jalisco but eaten in many parts of the country, birria is often served at celebrations such as weddings. Widely touted as a hangover cure, this dish is also often served for brunch the day after a celebration.

In Mexico, birria is often sold at street stands or little mom-and-pop cafés. It's most often made with goat meat or mutton, but beef, veal, or pork are also commonly used. Many people will combine more than one in the same dish, so use the meat or meats that you like the most (or the ones that are on sale at the time) when preparing your own birria. Plan ahead when you make this recipe; the meat needs to marinate overnight. You will need a Dutch oven (or casserole dish) with a tight fitting lid and a rack that sits inside.

4 guajillo chilis  
3 ancho chilis  
3 cascabel chilis  
2 tbsp vinegar  
1 tsp salt  
1 tsp ground pepper  
1/4 tsp ground cloves

1 tsp dried Mexican oregano  
1/4 tsp ground cumin  
1/4 tsp ground cinnamon  
1/2 tsp ground thyme or 2-3 sprigs fresh thyme  
3 - 4 pounds goat meat, mutton, beef, veal, and/or pork, with or without bones  
1 onion, peeled and coarsely chopped  
2 bay leaves  
6 cloves of garlic, peeled and finely diced  
1 cup of water  
1 cup chopped fresh cilantro  
1 cup chopped onion  
Corn tortillas

1. Make the chili paste: Toast the chilis on a hot griddle or skillet over medium heat until browned, but not burned. Remove the seeds and veins, then place the chilis in a bowl and cover them with very hot water for 15 to 20 minutes. When chilis have rehydrated, drain them; process chilis and vinegar in a blender to make a paste.
2. Make the meat rub: Mix the salt, pepper, cloves, oregano, cumin, cinnamon and thyme. Rub the meat well with this mixture.
3. Marinate the meat: Coat the meat with half of the chili paste and let it marinate overnight.
4. Cook the meat: Pour the water into a Dutch oven or deep casserole dish and add the coarsely chopped onion, bay leaves, diced garlic and the remaining chili sauce. Place meat on a rack that sits just above the water mixture. Place lid on the pot, making sure that it covers tightly, and bake for 4 hours at 350 Fahrenheit (176 Celsius).
5. Finish and serve your birria: Remove the meat and distribute it among your serving bowls. Then decide if you want to serve your birria with broth (as a soupy stew) or as a saucy taco filling:

**Brothy Birria:** Let the liquid cool slightly and remove the bay leaves. Some people leave the broth as is, while other blend it into a homogenous sauce; do as you prefer. Add enough hot water to make at least 2 cups. Ladle the liquid over the meat and top with chopped onion and cilantro. Serve with a spoon and warm corn tortillas.

**Saucy Birria:** Remove bay leaves from liquid. If liquid is watery, reduce it by boiling in a small pan to thicken. Coat the meat chunks with the reduced chili sauce. Use meat to make taco by filling the tortillas and topping with chopped onions and cilantro.

## Brazilian Feijoada

### *Vista Oncology*

Feijoada (pronounced fay-ZWAH-da) is a delicious stew of pork and black beans that's traditionally served over rice with fresh orange slices. In Brazil, this dish is often served on special occasions, but preparing it in a slow cooker makes it possible to serve this rich dish on the busiest weeknights.

- 2 cups dried black beans
- 4 applewood-smoked bacon slices
- 1 pound boneless pork shoulder (Boston butt), trimmed and cut into 1/2-inch cubes
- 3/4 tsp salt, divided
- 1/2 tsp freshly ground black pepper, divided
- 3 bone-in beef short ribs, trimmed (about 2 pounds)
- 3 cups finely chopped onion (about 2 medium)
- 1 1/4 cups fat-free, lower-sodium chicken broth
- 4 garlic cloves, minced
- 1 (9-ounce) smoked ham hock
- 1 tbsp white vinegar
- 8 orange wedges

1. Place black beans in a small saucepan; cover with cold water. Bring to a boil; cook beans for 2 minutes. Remove from heat; cover and let stand 1 hour. Drain beans.
2. Cook bacon in a large skillet over medium heat until crisp. Remove bacon from pan; crumble. Sprinkle pork evenly with 1/8 teaspoon salt and 1/4 teaspoon pepper. Increase heat to medium-high. Add pork to drippings in skillet; sauté 8 minutes, turning to brown on all sides.
3. Transfer pork to a 6-quart electric slow cooker. Sprinkle ribs evenly with 1/8 teaspoon salt and remaining 1/4 teaspoon pepper. Add ribs to skillet; cook 3 minutes on each side or until browned.
4. Place ribs in slow cooker. Add drained beans, remaining 1/2 teaspoon salt, onion, and next 3 ingredients (through ham hock) to slow cooker, stirring to combine. Cover and cook on LOW 8 hours or until beans and meat are tender.
5. Remove ribs from slow cooker; let stand 15 minutes. Remove meat from bones; shred meat with 2 forks. Discard bones. Discard ham hock. Return beef to slow cooker. Stir in vinegar and crumbled bacon. Serve with orange wedges.

## Cashew Chicken Springfield Missouri Style

### *Oncology Hematology Associates*

- 2 chicken breasts
- 3 eggs
- 3-3/4 cups and 1 teaspoon water
- 1/4 cup flour
- Salt
- Pepper
- 6 chicken bouillon cubes
- 6 3/4 tsp sugar
- 6 tbsp cornstarch
- 3 tsp oyster flavored sauce
- 1-1/2 cups rice
- 1/2 cup cashews
- 2 or 3 green onions

#### **Chicken**

1. Cut chicken breasts into 1 to 2 inch cubes.
2. In a small bowl, mix one egg and 1 teaspoon water.
3. Dip chicken pieces one at time in egg mixture.
4. In a Ziploc bag mix flour, salt, and pepper. Add chicken pieces and shake to coat. Fry in hot oil until golden brown, remove, and drain on a paper towel.

#### **Sauce**

1. Mix 3/4 cup cold water in a bowl. Add sugar, cornstarch, and oyster flavored sauce. Set aside.
2. Boil 3 cups of water. Add 6 chicken bouillon cubes until dissolved.
3. Add cornstarch mixture. Cook on low heat until thick.

#### **Rice**

1. Cook rice according to package directions.
2. Scramble 2 eggs in a skillet and add rice.
3. Serve rice topped with chicken, sauce, cashews, and diced green onions.

**Suggestion:** Serve with crab Rangoon and pork eggrolls.

## Chicken & Rice Casserole

### *Oncology Hematology Associates*

- 2 cans condensed mushroom soup
- 2 cans condensed chicken soup
- 1 stick butter, melted
- Dry onion soup mix (1/2 pack)
- Mushrooms (canned or fresh)
- 2 cups water
- 3 cups instant rice

3-4 chicken breasts

1. Heat together in pan on stove chicken and mushroom soup, onion soup mix, and butter.
2. Add rice and mix together.
3. Grease casserole dish. Put rice mix at bottom and add chicken breasts.
4. Bake at 350 for 1 hour uncovered.

\*Substitute dry onion mix for 4 beef bouillon + minced onion or dry onion powder + salt + pepper.

## Chicken Shit

### *Messino Cancer Centers*

3 to 4 chicken breasts shredded  
1 to 2 cans Rotel  
1 to cans of cream of chicken soup

1. Mix the above all together in pan add salt and pepper.
2. Cook 350 degree for about 20 minutes.
3. Take out of oven and sprinkle shredded cheese and dot with Doritos.
4. Place back in the oven just enough to melt cheese.
5. Serve over more Doritos.

## Chuck Roast

### *Oncology Hematology Associates*

Chuck roast  
Hidden Valley ranch dressing mix  
McCormick Au Jus Gravy mix  
Stick of butter  
5 pepperoncini peppers

1. Put chuck roast in crockpot.
2. Do not add water!
3. Sprinkle Hidden Valley dressing mix on top, sprinkle McCormick Au Jus mix.
4. Add one stick of butter and pepperoncini.
5. Cook in crockpot on low for about 8 hours.

## Crispy Cheddar Chicken

### *Messino Cancer Centers*

2 lb chicken tenders, or 4 large breasts  
2 tube(s) Ritz crackers  
1/4 tsp salt  
1/8 tsp pepper

1/2 cup whole milk  
3 cup Cheddar cheese, grated  
1 tsp dried parsley

### **Sauce**

1 can cream of chicken soup  
2 tbsp sour cream  
2 tbsp butter

1. Crush crackers.
2. If using chicken breasts and not tenders, cut each chicken breast into 3 large pieces. Pour the milk, cheese and cracker crumbs into 3 separate small pans.
3. Toss the salt and pepper into the cracker crumbs and stir the mixture around to
4. combine.
5. Dip each piece of chicken into the milk and then the cheese. Press the cheese into the chicken with your fingers. Then press the cheesy coated chicken into the cracker crumbs and press it in.
6. Spray a 9x13 pan with cooking spray and lay the chicken inside the pan. Sprinkle the dried parsley over the chicken.
7. Cover the pan with foil and bake at 400 degrees for 35 minutes. Remove the foil, bake for an additional 10-15 minutes, or until the edges of the chicken are golden brown and crispy.
8. In a medium sized pan combine the cream of chicken soup, sour cream and butter with a whisk. Stir it over medium high heat until the sauce is nice and hot.
9. Serve over the chicken.

## Fajita Marinade

### *Hematology Oncology Clinic*

1/2 cup onions  
1/2 cup olive oil  
1/3 cup red wine vinegar  
1 tsp oregano  
1/2 tsp salt  
1/2 tsp pepper  
2/3 cup lime juice  
3 cloves garlic, pressed or well chopped  
1/4 tsp cumin  
1 1/2 to 2 lbs meat (chicken, beef, shrimp)

1. Combine all ingredients in a container.
2. Allow to sit in fridge 2-24 hours.
3. Can be grilled on grill or cast iron pan.
4. Serve with all the fixings.

# Gluten-Free White Chicken Chili

## Crockpot

### AON Pharmacy

1 lbs boneless skinless chicken thighs  
3 cans Great Northern Beans, drained  
2 8 oz cans Diced Green Chilies  
1 Very large yellow Onion (diced)  
1 Tbsp Garlic (minced)  
2 tsp Cumin  
1 tsp Chili Powder  
1/4 tsp White Pepper  
1 Tbsp Coarse Real Salt  
2 Cups Chicken Broth  
Optional Ingredients  
1 Cup Coconut Milk \* or regular milk  
1/4 Cup Arrowroot Starch \* or cornstarch  
1/2 Cup Water

### TOPPING:

1/3 Cup Cilantro (chopped)

1. Place the chicken thighs, beans, chilies, onion, garlic, cumin, chili powder, pepper, salt, chicken broth, and coconut milk in a crock pot. Cook on high for 5-6 hours, or until chicken is very tender.
2. Remove the chicken and place in a bowl. Lightly shred with a fork.
3. Place the arrowroot starch in a small bowl and slowly whisk in the 1/2 C. water to make a smooth, lump-free mixture. Stir the mixture into the chili in the crock pot.
4. Add the chicken back into the chili and stir to distribute. Let cook for another 30 minutes. Soup should thicken up.
5. Add the cilantro to the soup just before serving and check the seasonings, adding more salt or pepper if desired. If you want the soup to be a little thinner, add more chicken broth or coconut milk until desired consistency is achieved.
6. Top with a squeeze of lime juice.

# Grandma's Beef & Zucchini Casserole

### Oncology Hematology Associates

1 lb. ground beef (browned until no longer pink)  
6 small zucchini  
1/2 cup chopped onion  
2 tbsp oil  
1/2 cup cracker crumbs

Salt and pepper to taste  
1/4 cup butter  
1/2 cup flour  
2 cups milk  
1 cup grated cheddar cheese

1. Seed and chop the zucchini into small pieces, then sauté with the onion in oil until translucent.
2. Add cooked ground beef, cracker crumbs, salt and pepper. Remove from heat.
3. In a separate pan stir butter and flour until bubbly. Then whisk in milk in until smooth. Stir over low heat until thickened.
4. Add cheese, salt, and pepper. Stir to melt cheese.
5. Place half of zucchini/beef mixture in a buttered 2-quart casserole dish. Then half of the cheese sauce and then repeat.
6. Bake uncovered at 350 F for 30 minutes. Enjoy!

# KETO Chicken Bacon Casserole

### AON Pharmacy

1 pound of bacon  
8 oz package of cream cheese  
1/2 cup grated parmesan cheese  
1 1/2 cups of sharp cheddar cheese (shredded)  
1/3 cup of mayonnaise  
1 cup of heavy whipping cream  
1/2 tsp of hot sauce  
1 tsp of dry mustard  
1/2 tsp of white (or black if you don't have white) pepper  
1/2 tsp of garlic powder  
1/2 tsp of onion powder  
1/2 tsp of paprika  
1 store bought rotisserie chicken, meat removed and chopped into small pieces [or] 1 – 1 1/2 pounds of cooked and chopped pieces  
1 cup of diced red onions  
8 oz of baby Bella mushrooms, sliced  
1 tbsp of fresh garlic, minced.  
8 oz of baby spinach  
2 cups of mozzarella cheese, shredded

1. Preheat oven to 375 degrees F.
2. In a large skillet, cook bacon to crisp. Remove bacon to paper towels but keep 3 tbs-ish of bacon fat. Set aside for now.
3. In a medium saucepan, place cream cheese, parmesan cheese, cheddar cheese, mayonnaise, heavy whipping cream, hot sauce, mustard, pepper, garlic powder, onion powder, and paprika. Cook over medium heat and stir until creamy.
4. Crumble cooked bacon and add it to the cream mixture.



5. Clean skillet and add about 2 Tablespoons of the bacon fat and sauté the onions over medium heat for about 3 minutes.
6. Add the remaining Tablespoon of bacon fat and the mushrooms. Sauté for another 5 minutes.
7. Add the garlic and spinach and toss to coat the spinach and cook until wilted (usually about 2 minutes).
8. Add the cream mixture and stir until mixed.
9. Add the cooked chicken then heat and stir until it is well mixed.
10. Pour all of this into an 8x12 casserole dish
11. Sprinkle on the 2 cups of mozzarella cheese to cover the entire top of the casserole.
12. Bake for 20 minutes. Let sit for about 10 minutes.

**Note:** There will be a little liquid on the bottom which will eventually absorb into the mixture. If you want, you can spoon it over each portion.

## KETO Chicken Curry

### AON Pharmacy

- 3 pounds of chicken breast
  - 1/4 cup of avocado oil (olive oil can also be used)
  - 1/4 cup of red curry powder
  - 3 tbsp of Onion powder
  - 3 cloves of garlic (minced)
  - 2 tsp of coriander
  - 1 tsp of pink Himalayan salt
  - 1 tbsp of Lakanto Monk fruit (can also use swerve)
  - 1 tsp of chili powder
  - 1 tsp of lemon pepper
  - Sprinkle of cumin
  - 2/3 cup of heavy whipping cream
1. Put about 1/8 cup of avocado or olive oil in large pan or pot.
  2. Cut chicken into pieces (about 1/2 inch-ish) and place them into the pan with the oil. Start cooking on med-high heat (my stove, I use 7) until chicken is seared lightly on the outside, stirring occasionally. Note: usually only takes about 5 minutes.
  3. In a bowl, mix dry ingredients together (red curry powder, onion powder, minced garlic, coriander, pink Himalayan salt, Monk fruit, chili powder, lemon pepper, and cumin). Mix well.
  4. Once chicken is seared lightly on the outside, add about half of your dry seasonings to the pan with the chicken. Stir until it is all mixed in, then add the rest and do the same.
  5. Lower heat to medium (my stove, I use 5)
  6. Add the rest of the avocado or olive oil over the top of the chicken and stir again.
  7. Cover pan with a lid and set a 24-minute timer.

- Make sure to stir about every 5-8 minutes or it will start to stick to the bottom of the pan.
8. Once 25 minutes is up, lower the heat to low/simmer (My stove, I use 1) and remove the lid. Add all of the heavy whipping cream to the chicken and stir well.
  9. Let stand on low/simmer heat for about 5 minutes.
  10. Stir again, enjoy.

**Optional:** Serve over riced cauliflower and top with a little bit of cilantro and sesame seeds.

## KETO Chicken Strips w Spicy Mayo Dipping Sauce

### AON Pharmacy

- 6-8 large chicken breasts (about 4 pounds)
- Pink Himalayan salt
- Ground black pepper
- 2 large eggs
- 1/2 cup heavy whipping cream
- 3/4 cup of almond flour
- 1 1/2 cups of finely crushed pork rinds
- 1/2 cup of grated parmesan cheese
- 1 tsp of garlic powder
- 1/2 tsp of paprika
- SPICY MAYO: 1/2 cup of mayonnaise
- SPICY MAYO: 1 1/2 tsp of hot sauce

1. Preheat oven to 400 degrees F. Line a large baking sheet with parchment paper.
2. Pat chicken dry with paper towels and season with salt and pepper.
3. In a shallow bowl, whisk together eggs and heavy whipping cream.
4. In another shallow bowl combine almond flour, pork rinds, parmesan, garlic powder, and paprika.
5. Working one at a time, dip chicken in egg mixture and then in almond flour mixture, pressing to coat the chicken. Place chicken on the prepared baking sheet.
6. Bake until chicken is golden and internal temperature reaches 165 degrees (about 45 minutes).
7. Meanwhile, make the dipping sauce: In a medium bowl, combine mayonnaise and hot sauce. Add more hot sauce depending on preferred spiciness level.
8. Enjoy.

# KETO Teriyaki Chicken

## AON Pharmacy

4 tbsp of avocado oil (olive oil will also work)  
3 pounds of chicken breast  
1/2 cup of soy sauce or coconut amino  
6 tbsp of Lakanto brown Monk fruit or Swerve brown sugar substitute  
3 cloves of garlic (minced)  
2 tsp of grated or powdered ginger  
1 cup of water  
1/4 tsp of xanthan gum  
Toasted sesame seeds

1. Cut the chicken into pieces (about 1/2 inch-ish).
2. Heat the avocado oil or olive oil in a large pan or skillet over med-high heat (my stove, I use 7).
3. Add the cut-up chicken and sauté until cooked through (usually about 8-12 mins, but varies)
4. In a medium bowl, combine soy sauce, brown sugar substitute, garlic, ginger, water, and xanthan gum. Note: with the xanthan gum, it is important to not put the full amount in as a blob. This will not work. It will make a weird jelly blob. You must sprinkle it in while stirring. Stir/mix well.
5. Pour the sauce into the skillet with the chicken and reduce the heat to medium (my stove, I use 5)
6. Continue cooking for a few more minutes until the sauce thickens and coats the chicken.
7. Lower heat to low/simmer and top with sesame seeds.

**Optional:** Serve over riced cauliflower and top with green onions for garnish.

# Korean Beef Sloppy Joes

## Oncology Hematology Associates

1-1/2 pounds ground beef, 85/15 fat content  
3 cloves garlic, minced  
2 tsp sesame oil  
1/2 cup ketchup  
1/2 cup hoisin  
1/2 cup water  
2 tbsp low-sodium soy sauce  
1 tbsp rice wine vinegar  
1/2 tsp sriracha  
2 green onions, sliced thinly  
4 brioche rolls

1. In a large skillet add in the beef, lower the heat to medium and cook well, breaking it apart but leaving some chunks about the size of a raspberry or small

grape.

2. Cook until well browned (5-6 minutes). Then add in the garlic, sesame oil, ketchup, hoisin, water, soy sauce, rice wine vinegar and sriracha and stir together well until the sauce starts to evaporate and the mixture becomes "sloppy" (about 5-6 minutes).
3. Toast the buns then spoon over the mixture and top with green onions.

# Loaded Chicken & Potatoes

## Oncology Hematology Associates

1 lb boneless chicken breasts, cubed (1 inch)  
6-8 medium skin-on red potatoes, cut in 1/2-inch cubes  
1/3 cup olive oil  
1 1/2 tsp salt  
1 tsp black pepper  
1 tbsp paprika  
2 tbsp garlic powder  
2 tbsp hot sauce (more if you like it HOT)

### Topping

2 cups fiesta blend cheese  
1 cup crumbled bacon  
1 cup diced green onions

1. Preheat oven to 400 F. Spray a 9 x 13 inch baking dish with cooking spray.
2. In a large bowl, mix together the olive oil, salt, pepper, paprika, garlic powder, and hot sauce.
3. Add the cubed potatoes and chicken and stir to coat.
4. Carefully scoop the potatoes and chicken into the prepared baking dish.
5. Bake the potatoes and chicken for 55-60 minutes, stirring every 20 minutes, until cooked through, crispy, and browned on the outside.
6. While the potatoes are cooking, fry bacon (about half a pound).
7. Once the potatoes and chicken are fully cooked, remove from the oven.
8. Top the cooked potatoes with the cheese, bacon, and green onions.
9. Return the casserole to the oven and bake for 5 minutes or until cheese is melted.
10. Serve with extra hot sauce and/or ranch dressing or sour cream.

# Mexican Chicken & Zucchini Skillet

## Oncology Hematology Associates

Cooked in one skillet with black beans, corn, fresh herbs, taco seasoning, & melted cheese.

1 tbsp avocado or coconut oil  
1 medium onion, finely chopped  
3 large garlic gloves, minced  
2 medium bell peppers, chopped  
1 lb boneless and skinless chicken breasts, cut into 1-inch pieces  
1 cup of corn, frozen or fresh  
2 large zucchini, diced  
14 oz can black beans, drained & rinsed  
14 oz can diced tomatoes  
1 tsp taco seasoning  
1 tbsp cumin, divided  
1 tsp salt  
Ground black pepper to taste  
1 cup Texas-Mex or Colby Jack cheese, shredded  
1/2 cup green onions, chopped  
1/2 cup cilantro, chopped

1. Preheat large deep skillet on low-medium heat and swirl oil to coat. Add onion, garlic, and bell pepper; sauté for 3 minutes, stirring occasionally.
2. Move vegetables to the side of the skillet and add chicken. Sprinkle with 1 tsp cumin, salt, and black pepper. Cook for about 5 minutes, stirring occasionally.
3. Add corn, beans, tomatoes, zucchini, taco seasoning and remaining cumin. Stir, cover and cook on low-medium for 10 minutes.
4. Sprinkle with cheese, cover and cook for a few minutes or until cheese has melted. Top with green onion and cilantro. Serve hot on its own or with brown rice or quinoa.

**Store:** Refrigerate covered for up to 3-4 days.

## Nonnie's Authentic Sicilian Meatball & Gravy Recipe

### *Hematology Oncology Clinic*

#### **Gravy (also called sauce)**

Olive oil  
3 medium onions, chopped  
9 whole garlic cloves  
2 pinches Italian seasoning  
1 pinch dried basil  
2 12 oz cans of tomato paste  
6 12 oz cans of hot water  
1/2 cup red wine

1. Cover bottom of heavy saucepan with olive oil.
2. Sauté chopped onions, garlic cloves, Italian

- seasoning, and basil until soft, not browned.
3. Rub dry seasonings between fingers first, to release the oils.
4. Add tomato paste.
5. Fry, stirring constantly on high, until lightly brown.
6. Add 6 cans hot water and 1/2 cup of wine.
7. Salt and pepper to taste.
8. Add sugar, 4 tbsp to start, adjust to taste.
9. Bring to a boil, simmer on low, covered for 3 hours.

#### **Meatballs (Makes approximately 75 meatballs)**

3 lbs ground beef  
1 lbs ground pork  
6 slices bread, soaked in water to cover  
3 cloves garlic  
1/2 cup grated Parmesan cheese  
2 eggs  
Salt and pepper

1. Mix ground beef, pork, parmesan cheese, salt and pepper in large bowl.
2. Add 2 lightly beaten eggs.
3. Take bowl of soaked bread and lightly squeeze them.
4. Add bread to meat.
5. Mix by hand until well mixed.
6. Preheat oven to 350 degrees.
7. Spray shallow baking pan with Pam.
8. Wet your hands in soaked bread water.
9. Lightly roll mixture (do not pack) into small meatballs about the size of golf balls.
10. Bake 30 minutes in 350-degree oven.
11. Add meatballs to gravy after the gravy has simmered for at least one hour.
12. Continue simmering for another 2 hours, do not stir gravy after adding meatballs.

## Peruvian Spicy Chicken

### *Vista Oncology*

Salt and Pepper  
1 serrano pepper, chopped  
2 red Fresno chilis, chopped  
6 garlic cloves, chopped  
1 tbsp fresh oregano or 1 tablespoon marjoram leaves  
4 bay leaves, fresh if available  
2 limes, zest and juice  
1 tbsp sweet paprika, smoked  
1/4 cup olive oil, divided  
2 tsp cumin seeds  
1 tbsp sugar  
1 cup chicken stock  
Mint leaf to garnish  
Cilantro

Cilantro leaf to garnish

1. Place chicken in a shallow dish and season with salt and pepper.
2. In a food processor, process chilies, garlic, oregano or marjoram, bay, lime zest and juice, paprika and about 1/4 cup olive oil into a paste. Slather all over the chicken pieces, coating them evenly. Chill several hours or overnight.
3. Heat 1 tablespoon of olive oil in a skillet over medium-high heat.
4. Add cumin seeds and swirl a few seconds to toast then add chicken pieces and lightly brown, 10 minutes.

## Roasted Chicken Provençal

### *Hematology Oncology Clinic*

4 chicken legs or 8 bone in, skin on chicken thighs  
2 tsp kosher salt  
1 tsp freshly ground black pepper  
1/2 - 3/4 cup all-purpose flour  
3 tbsp olive oil  
2 tbsp herbs de Provence  
1 lemon quartered  
8-10 cloves of garlic peeled  
4-6 medium size shallots peeled and halved  
1/3 cup dry vermouth  
4 sprigs of thyme for serving

1. Heat oven to 400 degrees.
2. Season the chicken with salt and pepper.
3. Put the flour in a shallow pan and lightly dredge the chicken in it, shaking the pieces to remove excess flour.
4. Swirl the oil in a large roasting pan and place the floured chicken in it.
5. Season the chicken with herbs de Provence.
6. Arrange the lemon garlic cloves and shallots around the chicken.
7. Add vermouth to the pan.
8. Put the pan in the oven and roast for 25-30 minutes.
9. Then baste it with the pan juices.
10. Continue to roast for another 25-30 minutes or until chicken is very crisp and the meat is cooked through.
11. Serve the pan on a warmed platter garnish with the thyme.

## Salisbury Steal Meatballs

### *Hematology Oncology Clinic*

1.5 lbs grass-fed ground beef 85% lean  
1 egg  
1/3 cup blanched almond flour  
3/4 tsp fine grain sea salt  
1/4 tsp black pepper  
2 tbsp tomato paste  
2 tbsp brown mustard  
1 tsp garlic powder  
2 tsp onion powder  
1 tbsp coconut amino  
1/4 tsp liquid smoke, optional  
1 cup white mushrooms divided, see note  
1/4 cup finely chopped mushroom from the 1 cup  
1 tbsp ghee or other cooking fat

### Make the meatballs

1. In a large bowl, mix together with your hands the ground beef, almond flour, salt, pepper, garlic and onion powder, mustard, tomato paste, coconut amino, finely chopped mushrooms, egg, and liquid smoke if using.
2. Form into 1.5 inch balls while preheating a large deep skillet over medium heat.
3. Add 1 tbsp ghee to the skillet, then brown the meatballs all around.
4. Transfer browned but not cooked through meatballs to foil lined sheet and lower the heat to low.

### Ingredients for the sauce

12 oz beef bone broth divided (1 cup + 1/2 cup)  
1 tbsp ghee  
1 medium onion chopped  
3 cloves garlic chopped  
1 tbsp arrowroot powder or tapioca  
1 tsp mustard  
2 tsp coconut amino

**Notes:** Slice 3/4 cup of the mushrooms for the sauce, and finely chop the remaining 1/4 cup to add to the meatball mixture. These can be added to tomato sauce for spaghetti or used with the Salisbury sauce. They freeze great as well.

## Sausage Bake

### *Oncology Hematology Associates*

12 slices bread, crust only, cubed  
1 dozen eggs  
2 lbs mild sausage or Maple sausage, cooked  
2 tsp mustard



4 cups milk  
1 lb shredded cheddar cheese  
2 tsp salt

1. Beat eggs. Add salt, mustard, and milk and beat again.
2. Add bread and stir.
3. Stir in cheese and sausage.
4. Pour into warmed, greased 3-quart glass baking dish.
5. Cover and refrigerate overnight. Bake 45-60 minutes at 350 F.

## Sesame Chicken

### AON Pharmacy

1/2 cup soy sauce  
1 cup orange juice  
1/4 cup sesame oil  
2 tsp powdered ginger  
6 tbs honey  
4 chicken breast  
1/4 cup sesame seeds  
Sesame oil for cooking

1. Mix the first 5 ingredients together. Set half to the side for later.
2. Dice chicken breast into chunks and marinate in the sauce mix for 30-60 mins.
3. Cook chicken in light bit of oil in a frying pan. Toast sesame seeds.
4. Boil down the reserved half of the marinade until thickened.
5. Toss cooked chicken in then thickened marinade and then cover with the toasted sesame seeds.

## Slow Cooker Beef Stroganoff

### AON Pharmacy

1 x 2-4 lb chuck roast cut into large bitesize chunks  
1/2 cup sherry  
2 cans cream of mushroom soup  
2 packets dry beef stroganoff seasoning powder (McCormick's is good)  
1 small carton Baby Bella Mushrooms, cleaned  
1 small carton sour cream  
12-16 oz dry noodles, cooked & drained

1. Brown beef in a little oil in pan and then add to slow cooker.
2. Deglaze the pan drippings with the sherry & boil until reduced by sherry is reduced by half, add to

slow cooker.

3. Add Mushrooms to slow cooker. Mix mushroom soup and seasoning powder and pour over roast.
4. Mix to coat everything well. DO NOT ADD WATER.
5. Cook on low for 6-8 hrs. Right before serving stir in sour cream until melted. Serve over noodles. Enjoy!

## Slow Cooker Beef Stroganoff

### Messino Cancer Centers

2 lbs beef stew meat  
1 cup chopped onion  
1 can (10 3/4 ounces) condensed golden mushroom soup  
1 can (10 3/4 ounces) cream of onion soup  
1 jar (6 ounces) sliced mushrooms, drained  
1/4 tsp pepper  
1 package (8 ounces) cream cheese, cubed  
1 container (8 ounces) sour cream  
6 cups hot cooked noodles

1. In 3 1/2 to 4 1/4 quart slow cooker mix beef, onion, soups, mushrooms and pepper.
2. Cover and cook on low heat setting for 8 to 10 hours or until beef is very tender.
3. Stir cream cheese and sour cream into mixture until melted. Serve over noodles.

## Taco Tots

### Oncology Hematology Associates

What to do with leftover Chili?

3 cups leftover chili  
1-1/2 cups corn (or one can)  
1 can black beans  
1/2 cup chopped onions  
1 can Rotel  
Tater tots  
Cheese  
Optional: Sour cream

1. Preheat oven to 350 F. Spray bottom of 9 x 13 pan with non-stick cooking spray.
2. Line bottom of pan with Tater Tots.
3. Mix at least 3 cups of leftover chili with a can or 1-1/2 cups corn, can of black beans, 1/2 cup chopped onions, and 1 can of Rotel.
4. Pour over the Tater Tots.
5. Sprinkle whatever cheese you like on top and bake at 350 F for 45 minutes.
6. Serve with a side salad and sour cream.
7. This is a family favorite!



*Shellfish*

## Blackened Shrimp

### *Oncology Hematology Associates*

1 tbsp chili powder  
1 tbsp paprika  
1 tsp cumin  
1 tsp oregano dried  
1 tsp garlic powder  
2 tsp brown sugar  
1 tsp salt  
1/2 tsp pepper  
1-1/2 lbs shrimp, uncooked, peeled  
1 tbsp olive oil  
4 cloves garlic, minced  
Optional garnishes: cilantro fresh, chopped lime wedges

1. Combine the chili powder, paprika, cumin, oregano, garlic powder, brown sugar, salt, and pepper in a bowl.
2. Dump the mixture over the shrimp and mix well. Set aside to marinate for 30 minutes.
3. Heat the olive oil in a skillet over medium-high. Arrange the shrimp in a single layer and cook for 2 minutes.
4. Flip and cook for another 2 minutes.
5. Add the garlic. Stir and cook for 30 seconds.
6. Garnish with cilantro and lime wedges to serve.

## Boom Boom Shrimp

### *Hematology Oncology Clinic*

1 lb raw shrimp, peeled and deveined, tails removed (31-40 count shrimp)  
1/2 cup mayo  
1/4 cup Thai Sweet Chili Sauce  
4-8 drops Sriracha Hot Sauce  
1 tsp peanut butter  
1/8 tsp garlic powder  
1/4 tsp salt  
1/8 tsp black pepper  
1 cup cornstarch  
2 eggs  
6 tbsp canola or vegetable oil  
1/2 of green onion, diced  
Lettuce to garnish, if desired

1. In a large bowl, toss the shrimp with salt, black pepper, and garlic powder.
2. Place cornstarch in a shallow dish like a cake pan.
3. In another cake pan, lightly whisk two eggs together to create an egg wash.
4. Dip each piece of shrimp in cornstarch to coat, then dip in the egg wash to coat.
5. When all the shrimp have been coated in cornstarch

and dipped in egg, heat 6-8 tbsp of oil in a large skillet on high heat.

6. When oil is nice and hot, carefully add the shrimp to the pan, you may need to cook in two batches, so you don't overcrowd the pan.
7. The shrimp cooks fast. When the oil is nice and hot.
8. Remove the cooked shrimp to a paper towel-lined plate.
9. In a small bowl, whisk together the Thai Sweet Chili Sauce, Sriracha Sauce, Mayo, Peanut Butter. When the mixture is smooth, carefully toss the shrimp in it. You may not need all the sauce, it just depends on how saucy you want the shrimp.
10. To present it, place one large leaf of iceberg lettuce on a plate. Place the shrimp on top, then sprinkle chopped green onion on top.

## Crab Meat Pie

### *Hematology Oncology Clinic*

#### **Crust**

1 cup Bisquick  
1 cup milk  
3 eggs

1. Mix all ingredients together.
2. Spray 13 x 9 dish with cooking spray.
3. Pour crust mixture into dish.

#### **Filling**

1 bunch green onion, sliced  
1/2 green bell peppers, chopped  
1 small yellow onion, chopped  
3 cloves garlic, minced  
3 tbsp butter  
1/2 tsp salt  
1 tsp black pepper  
1 tsp red pepper  
1 lb claw crabmeat

1. Sauté all the above ingredients on medium until vegetable are soft.
2. Pour over uncooked crust.
3. Top with 8 oz shredded cheddar cheese.
4. Bake at 350 degrees for 40-45 minutes.

## Crawfish Etouffee

### *Hematology Oncology Clinic*

1/4 lb butter  
1/2 onion chopped  
2 stalks of celery chopped

1 medium bell pepper chopped  
2 cloves of garlic minced  
1-2 lbs crawfish tails with fat  
4 tbsp flour  
4 chicken bouillon cubes  
2 cups water  
Tabasco Sauce to taste  
Salt, black pepper, red pepper to taste  
Green onion tops chopped, optional  
Parsley chopped, optional

1. Melt butter in a heavy sauce pan, sauté onions, celery and bell pepper till tender.
2. Add garlic and sauté for 1 minute.
3. Add flour (Roux) stir constantly and cook for 10-15 minutes.
4. Add crawfish tails and fat.
5. Sauté for 4-5 minutes.
6. Add water, chicken bouillon cubes (add green onions and parsley).
7. Season with salt, pepper, tabasco sauce and bring to simmer for 15-20 minutes.
8. Serve over rice.

## Crawfish Fettucine

### *Hematology Oncology Clinic*

2 sticks butter  
2 medium onions, chopped  
1 large bell pepper, chopped  
3 tbsp flour  
2 tbsp parsley  
2 lb crawfish tails  
3/4 lb Mexican Velveeta cheese  
1-pint half and half cream  
2 tbsp minced garlic  
Black pepper to taste  
1 lb egg noodles  
Parmesan cheese

1. In butter, sauté onions and peppers.
2. Add flour, parsley, crawfish and stir.
3. Add cheese, black pepper, and cream.
4. Stir until cheese melts.
5. Add fettuccine.
6. Pour into greased casserole dish.
7. Sprinkle with parmesan cheese.
8. May be refrigerated and cooked next day.
9. Bake at 350 degrees for 10-15 min.
10. Recipe serves a large group.

## Italian Shrimp

### *Oncology Hematology Associates*

1 stick of butter  
1 lemon  
1 lb fresh shrimp  
Italian dressing seasoning dry mix

1. Melt a stick of butter in the pan.
2. Slice lemon and layer, it on top of the butter.
3. Put down fresh shrimp, then sprinkle one pack of dried Italian seasoning.
4. Bake in the oven at 350 F for 15 minutes. Best shrimp you will ever taste!

## Jambalaya Bake

### *Hematology Oncology Clinic*

1 lb sausage sliced in rounds  
1 lb crawfish tails or shrimp (peeled and deveined)  
1 can beef broth  
1 can French onion soup  
1 8 oz tomato sauce  
1 lb long grain rice  
1/2 green pepper chopped  
1 yellow onion  
3 garlic cloves  
1 bunch green onions, sliced  
1/4 cup parsley  
1 stick butter, laid on top of all ingredients, in slices  
Tony's or Cajun seasoning for taste

1. Mix all ingredients together in 9x13 dish, butter on top.
2. Cover with foil back at 350 degrees for 1 hour.
3. Uncover, stir and bake additional 15 minutes uncovered.

## New Orleans Style BBQ Shrimp

### *Hematology Oncology Clinic*

1 medium lemon  
8 oz unsalted butter  
2 tbsp Worcestershire sauce  
1 tbs chopped garlic  
4 bay leaves  
1 tsp sweet or smoked paprika  
1/4 tsp cayenne pepper  
1/4 oz kosher salt  
1/2 tsp freshly ground black pepper  
1/2 tsp freshly cracked black pepper



12-15 lb unshelled preferably deveined shrimp trails

1. Cut lemon in half crosswise and juice it.
2. Then cut lemon into ½ inch wide strips.
3. Melt butter into 12" skillet over medium heat.
4. Add lemon juice, lemon slices, Worcestershire sauce, garlic, bay leaves, paprika, cayenne, salt, ground pepper and cracked pepper.
5. Stir and simmer for about 5 minutes to blend flavors.
6. Do not let garlic brown or burn.
7. Add shrimp and increase the heat to medium high.
8. Cook turning the shrimp until they become pink 4-5 minutes.
9. Cover the skillet and remove from heat.
10. Let sit for 15 minutes.
11. Serve best with hot French bread.

## Rice Cooker Shrimp Opelousas

### *Hematology Oncology Clinic*

- 1 stick butter
- 2 cans chicken broth
- 2 onions chopped
- 1/2 bunch of green onions
- 4 cups of uncooked rice (rice cooker cups to measure)
- Salt, pepper, Tony's to taste
- 1 lb raw peeled and deveined shrimp
- 1 package smoke sausage (I use beef smoke sausage)

1. Add everything into rice cooker (makes about 8-10 cups) and turn on rice cooker.
2. Stir occasionally.
3. Once rice cooker goes off, stir and make sure shrimp is cooked, if not press button down again to cook more.

## Seafood & Cream Cheese Stuffed Shells

### *Hematology Oncology Clinic*

- 1 package 12 oz jumbo pasta shells
- 2 packages 8 oz cream cheese, softened
- 1/3 cup mayonnaise
- 2 tsp sugar
- 1 1/2 tsp lemon juice
- 1/8 tsp salt
- 1/8 tsp ground pepper
- 3 cans 6 oz each lump crab meat, drained
- 1/2 pound frozen cooked salad shrimp, thawed
- 12 green onions, finely chopped

1. Cook pasta according to package directions, drain and rinse in cold water.
2. Cool to room temperature.
3. In a large bowl, combine the cream cheese, mayonnaise, sugar, lemon juice, salt, pepper and cayenne.
4. Gently stir in the crab, shrimp and onions.
5. Stuff shells, about 2 tbsp in each.
6. Cover and refrigerate for at least 1 hour.

## Seafood Cornbread Stuffed Bell Peppers

### *Hematology Oncology Clinic*

- 11 pack 5 lb ground beef
- 1 box cornbread mix
- Chopped seasoning
- 2 cups of shrimp
- 1 tube of lump crab meat
- 1/2 stick of butter
- Breadcrumbs
- 5 freshly rinsed bell peppers cut in half, uncooked
- McCormick All Seasoning
- Walker & Sons Slap Ya Mama Seasoning

1. Preheat oven to 350 degrees.
2. Follow the instructions on cornbread box and mix and back as per instructions.
3. Cook ground beef until completely brown then drain.
4. In a separate pot, add ½ stick of butter, chopped seasonings, shrimp, and crab meat, add desired amount of All Seasoning.
5. Once shrimp and crab meat are slightly cooked, add ground beef.
6. Let cook and simmer on low heat until cornbread is done.
7. Add cornbread to pot of ground beef and seafood mixture.
8. Add a tsp breadcrumbs on top of each bell pepper.
9. Add 1/2 cup of water to bottom of pan filled with bell peppers.
10. Bake bell peppers until slight softened and ground beef mixture becomes crispy around edges.

# Shrimp & Pasta

*(Adapted from LeBlanc's Kitchen Recipe)*

## **Hematology Oncology Clinic**

2 sticks butter  
2 medium onions, chopped  
3/4 bell pepper, chopped  
1 tsp garlic, minced  
1 stalk celery, chopped  
1 bunch green onions, chopped  
1/4 cup flour  
3 lbs chicken or 2 lbs shrimp/crawfish  
1 lb Velveeta cheese, cubed  
1 pint of Half and Half or 1 can evaporated milk  
1 can Rotel with juice  
1 lb fettucine pasta or penne, cooked

1. Sauté seasonings (onions, pepper, celery, garlic, green onions) until clear.
2. Add Rotel and juice.
3. Add flour slowly and stir often to blend well.
4. Add meat and cook about 20-25 minutes (seafood only cook 10-15 min) or until done.
5. Cut cheese in chunks and add to mixture, stirring.
6. Cook slowly, after all cheese is melted, stir in Half and Half and cook about 10 min.
7. Put cooked pasta in a pan or buttered casserole dish and pour sauce over pasta.
8. Mix all together.
9. Bake at 350 degrees for 30 min.

A close-up photograph of a white bowl filled with oatmeal, topped with various nuts and seeds. The image is overlaid with a semi-transparent blue filter. In the center, there is a white, decorative label with a dotted border and rounded corners. The word "Vegetarian" is written in a green, serif font on this label.

***Vegetarian***

## Aloo Gobi

### Vista Oncology

2 cups of cauliflower, cut into small florets  
2 medium potatoes, cubed into bite sized pieces  
1/2 inch shredded ginger  
3 tsp coriander powder  
1/4 tsp turmeric (haldi)  
1/4 tsp cayenne pepper (lal mirch)  
3 tbsp water  
3 tbsp oil  
Pinch of Asafetida (hing)  
1/2 tsp cumin seeds (jeera)  
2 green chilies, sliced in long pieces  
2 bay leaves  
1 tsp salt (to taste)  
1 tsp mango powder (amchoor)  
2 tbsp of chopped cilantro  
1/4 cup water as needed

1. In a small bowl, mix the shredded ginger, coriander powder, cayenne pepper, turmeric, and 3 tablespoons of water to make a paste.
2. Heat the oil in a pan. Test the heat by adding one cumin seed to the oil, if the seed cracks right away the oil is ready.
3. Add hing and cumin seeds to the oil after seeds crack add the bay leaves and green chilies and stir for a few seconds.
4. Next, add the spice paste and stir for a minute until spices start leaving the oil.
5. Add cauliflower, potatoes, 2 tablespoons of water and salt. Mix well. Cover the pan and let it cook on medium heat for about 15 to 20 minutes until the vegetable are tender. Make sure to stir gently every 3 to 4 minutes.
6. Lastly, add the mango powder and fresh cilantro. Mix everything and cover for a minute. Adjust the salt to your taste.

**Variations:** Add some green peas or sliced red bell peppers. The red peppers should be added at the end of the recipe as they cook quickly.

**Tip:** Making a paste with the spices will prevent spices from burning.

## Baked Macaroni

### Hematology Oncology Clinic

1 box long macaroni noodles  
1/2 stick unsalted butter  
3 eggs  
1/2 cup Heavy whipping cream  
1-pound bag of Colby Jack shredded cheese

1. Preheat oven to 350 degrees.
2. Cook macaroni, then strain and rinse with hot water.
3. Spray 9x13 casserole pan with cooking spray or grease with butter.
4. Add macaroni to pan.
5. Stir in 1/2 cup of butter until melted.
6. Scramble raw eggs in a bowl and pour evenly on top of noodles and mix.
7. Add heavy whipping cream.

## Indian Chick Pea Curry w Kale

### Vista Oncology

4 cups cooked or canned chickpeas (rinse if canned)  
5 leaves of kale, chopped  
4 Cups 1 medium onion, chopped  
500 g or 3/4 of 28 oz can of diced tomatoes  
1 tsp yellow curry powder  
1 tsp ground tumeric (good antioxidant)  
1/2 tsp coriander seeds  
1/2 tsp ground cumin  
1/2 - 1 cup vegetable stock or water  
Salt, to taste  
1/2 tsp olive oil

1. Heat oil in a large saucepan. Add chopped onions, turmeric, coriander, curry, and stir fry on medium heat for 1-2 minutes, periodically stirring.
2. Add diced tomatoes, kale, and 3 cups of chickpeas and cover with a lid.
3. Meanwhile, blend vegetable stock with 1 cup of chick peas. If you cooked your own garbanzo beans (another name for chick peas), you could add water from them.
4. Stir in blended chick peas and let them cook for another 3-5 minutes, try your meal and add more curry powder if you wish.
5. Serve by itself or as a side dish.

**Tips:** Soak and cook chick peas in advance, divide them by 2 - 3 cups portions and freeze them. Cooked chick peas are way tastier than the ones from the can, and they contain no aluminum or bisphenol-A.

## Quesadilla Quiche

### Oncology Hematology Associates

15 oz package Pillsbury All Ready Pie Crusts  
1 tsp flour



## Filling

1 cup coarsely chopped onions  
1 tbsp margarine or butter  
1 cup (1 medium) coarsely chopped tomato, drained  
4-oz can sliced ripe olives, drained  
1/4 tsp garlic powder or salt  
1/4 tsp cumin  
1/8 tsp pepper  
4-oz can chopped green chilies, drained  
2 eggs, beaten  
2 to 3 drops hot pepper sauce  
4-oz (1 cup) shredded Monterey Jack cheese  
4-oz (1 cup) shredded cheddar cheese  
Dairy sour cream, if desired  
Salsa or picante sauce, if desired

1. Prepare pie crust according to package directions for two-crust pie using 10-inch tart pan with removable bottom or 9-inch pie pan.
2. Place 1 prepared crust in pan; press in bottom and up sides of pan. Trim edges if necessary. Heat oven to 375 F.
3. In medium skillet, sauté onions in margarine until tender. Reserve 1 tablespoon each chopped tomato and sliced ripe olives.
4. Stir remaining tomato, ripe olives, garlic powder, cumin, pepper, and chilies into cooked onion. In small bowl, beat eggs with hot pepper sauce; reserve 2 teaspoons mixture. Stir in 1/2 cup of the Monterey Jack cheese and 1/2 cup of the cheddar cheese.
5. Sprinkle remaining cheeses over bottom of pie crust-lined pan. Spoon onion mixture evenly over cheese.
6. Carefully pour egg mixture over onion mixture; spread to cover.
7. Top with second crust; seal edges. Slit crust in decorative design in several places. Brush with reserved egg mixture.
8. Bake at 375 F on lowest oven rack for 45 to 55 minutes or until golden brown. Let stand 5 minutes; remove sides of pan. Serve warm with sour cream salsa and reserved chopped tomatoes and sliced olives. 6 servings.

3 tbsp canola oil  
2 green onions, thinly sliced, plus more for garnish  
1" piece ginger, peeled and cut into matchsticks  
1/2 small red chili, thinly sliced  
2 bunches baby bok choy, stems sliced  
2 cloves garlic, chopped

1. Cook the udon noodles according to package directions.
2. Meanwhile, in a small bowl, combine the soy sauce, sugar, pepper, 1 teaspoon cornstarch and 1/4 cup water until smooth.
3. Lightly press the tofu with paper towels to remove excess liquid. Cut into 3/4-inch pieces and toss in the remaining 2 tablespoons cornstarch.
4. Heat a large skillet over medium-high heat. Add 2 tablespoons oil and then the tofu and cook until golden brown on all sides, 6 to 8 minutes total. Transfer to a plate and wipe out the skillet.
5. Add the remaining tablespoon oil to the pan and cook scallions, the ginger, garlic and 1/2 of the red chili for 1 minute. Add bok choy; cook, tossing, for 2 minutes.
6. Return the tofu to the pan, toss to combine, then add the soy sauce mixture and let simmer, tossing everything together to make a sticky sauce, 1 to 2 minutes.
7. Spoon over the noodles and top with the scallions and remaining red chili. Sprinkle with the peanuts.

## Sweet & Sticky Tofu w Baby Bok Choy

### Vista Oncology

12 oz udon noodles  
2 tbsp reduced sodium soy sauce  
1 tbsp brown sugar  
1/2 tsp Freshly ground black pepper  
2 tbsp plus 1 tsp cornstarch, divided  
14 oz firm tofu

A close-up photograph of a white ceramic bowl filled with golden-brown, cubed croutons. The bowl is set on a white lace tablecloth. A white rectangular label with a decorative dotted border and rounded corners is centered over the bowl. The word "Sides" is written on the label in a dark green, elegant script font.

# Sides

## Breakfast Delight

### *Hematology Oncology Clinic*

5-6 slices of bread  
1 tsp salt  
1 cup shredded sharp cheese  
6 eggs  
1 lb bulk sausage  
Dash of pepper  
Green peppers  
1 onion  
2 cups milk

1. Tear up bread and put into greased 13x9x2 pan.
2. Brown sausage with onion and green pepper and drain (can omit the onion and peppers all together).
3. Spoon sausage over bread.
4. Sprinkle with cheese.
5. Beat eggs with milk, salt and pepper.
6. Pour over mixture in baking dish.
7. Bake in preheated oven at 350 degrees for 35-45 minutes.
8. You may prepare the night before, just cover and refrigerate.

## Dolly Parton Beans

### *Hematology Oncology Clinic*

1 lb ground beef  
1 onion chopped  
1 bell pepper (de-seed and chop)  
1 cup Ketchup  
1 cup light brown sugar  
1/2 cup yellow mustard  
1/2 cup vinegar  
2 cans of chili beans (I prefer Bush's Chili Beans)

1. Brown ground beef and drain.
2. Sauté onions and bell peppers till tender in pot before adding ground beef back in.
3. Add all remaining ingredients into pot and simmer 30-40 minutes.
4. Add salt and pepper to taste.

## Nan's Corn Bread Dressing

### *Hematology Oncology Clinic*

2 boxes Jiffy Corn Bread Mix (bake, cool and crumble)  
1 lb bacon (fry, crumble, save grease)  
1 lb Jimmy Dean pork sausage (fry and cool)  
2 onions

2 bell peppers  
3 stalks celery  
1 bunch green onions  
3 cloves garlic  
2 cans chicken broth  
Salt and pepper

1. Sauté chopped vegetable in bacon grease.
2. Sprinkle a little red pepper in vegetable/bacon grease.
3. In large bowl mix all ingredients.
4. Bake in casserole dish at 350 degrees until hot.

## Slow Cooker Red Beans

### *Hematology Oncology Clinic*

1 bag of frozen seasoning mix (onions and bell peppers)  
4 tbsp minced garlic  
1 packet Lipton Beefy Onion Soup Mix  
1-pound camellia red kidney beans  
1-pound pickled pork  
2-pounds Polska Kielbasa  
4-5 Bay leaves (optional)

1. Turn slow cooker on high.
2. Add frozen seasoning mix.
3. Add onion soup mix, minced garlic, kielbasa & pickled port.
4. Add beans last, pour evenly.
5. Add water until the water level is about 1 inch above the beans.
6. Add bay leaves for extra flavor.
7. Cook beans in slow cooker on high for 6-7 hours (until beans reach desired tenderness).
8. Serve with rice and enjoy.



# Desserts



## Apple Spice Piecaken

### Oncology Hematology Associates

Want an easy, minimal ingredient show stopping dessert? This Apple Spice Piecaken is a moist spice caked stuffed with a full apple pie, perfect for the holiday season.

- 1 box spice cake
- 1-1/4 cup milk
- 1 cup butter melted
- 4 eggs
- 1 (9 or 10") apple pie bakery or fresh baked and cooled

#### Frosting

- 1 8-oz package cream cheese, softened
- 3 tbsp butter, softened
- 1-1/2 cups powdered sugar
- 1 tsp vanilla

1. Preheat oven to 350 F. Spray a 10" springform pan with non-stick cooking spray. In large bowl, mix together cake mix, milk, butter, and eggs until combined. Spread half of your cake mixture into bottom of prepared pan. Place pie facedown into pan so the bottom of the pie points up. Spread remaining cake batter on top of pie and spread out covering the whole thing.
2. Bake for 1 hour to 1 hour 15 minutes covering with tinfoil after about 45 minutes if it is browning too fast, until toothpick inserted in center comes out clean. Remove from oven and let cool.
3. To make frosting, in bowl add your cream cheese and butter and beat until smooth. Add in your powdered sugar and vanilla and beat until smooth. Spread over the top of cooled cake.

**Notes:** Make sure your pie is chilled before placing it in the cake batter. This helps keep it together so it doesn't fall apart when placing it in. Place the pie top side down. You will be flipping this cake over after baking so the pie will appear top up when serving. Cooking times vary, usually it takes 60 minutes. But, check with toothpick for doneness before removing from oven. Fully cool your cake before frosting and serving. We stick ours in the refrigerator to help cool quickly. You can use any pie/cake combo just make sure the top pie crust is solid or use a dense pie like pumpkin pie!

## Brown Sugar Oatmeal Cookies

### AON Pharmacy

- 2 cups packed dark brown sugar
- 1 cup (2 sticks) salted butter, softened

- 2 tsp vanilla extract
- 2 eggs
- 1 1/2 cups all-purpose flour
- 1 tsp salt
- 1/2 tsp baking soda
- 3 cups old-fashioned oats

1. Preheat the oven to 350 degrees F.
2. In the bowl of an electric mixer (or using a hand mixer), beat together the brown sugar and butter until fluffy. Beat in the vanilla. Add the eggs one at a time, scraping the bowl after each one.
3. Mix together the flour, salt and baking soda in a medium bowl. Add it into the creamed mixture in 2 to 3 batches, mixing until just combined. Mix in the oats until just combined.
4. Use your preferred size cookie scoop (or a regular spoon) to drop portions of dough onto baking sheets, spacing them a couple inches apart. Bake until dark and chewy, 12 to 13 minutes. If you'd like a crispier cookie, just cook a little longer!
5. Let the cookies cool slightly on the baking sheets, then transfer onto a plate for serving.

## Buckeye (Go Bucks!)

### Zangmeister Cancer Center

- 2 cups creamy peanut butter
- 1/2 cup softened salted butter
- 2 tbsp packed brown sugar
- 1 1/2 tsp vanilla extract
- 3 1/4 cups powdered sugar
- 12 oz milk chocolate melting wafers

1. Combine peanut butter and butter in a bowl until well-combined.
2. Add brown sugar and vanilla extract. Stir well.
3. Gradually add powdered sugar until completely combined. Scoop into tablespoon-sized balls and roll with the palms of your hand until smooth and round.
4. Place on wax-paper lined cookie sheet and freeze for 15-20 minutes.
5. While peanut butter balls are chilling, prepare your chocolate according to the package instructions. Pour into a deep dish.
6. Remove peanut butter balls from freezer, spear the top of each peanut butter ball with a toothpick and dip each buckeye ball into the melted chocolate.
7. Return to cookie sheet and remove toothpick. Use pads of your fingers to smooth over toothpick mark.
8. Allow chocolate to harden before eating.
9. Buckeye balls are best kept refrigerated (but can put in the freezer as well).

Servings: 40 buckeyes

## Caramel Puff Corn (Crack Corn)

### *Messino Cancer Centers*

Caramel Puff Corn takes an ordinary snack food and turns into a sweet treat that you won't be able to stop yourself from eating! Seriously, this treat is addicting. And, it's cheap to make!

1/4 cup light corn syrup  
1/4 cup butter  
1 cup brown sugar  
1/2 tsp salt  
1 3.5 oz bag butter-flavor puffed corn

1. Preheat oven to 200 degrees F.
2. Add corn syrup, butter, brown sugar and salt to a saucepan.
3. Over medium heat bring the mixture to a rolling boil for 1 full minute or until the sauce is at the soft ball stage.
4. In a bowl, pour the caramel sauce over the puffed corn, stirring constantly until evenly coated.
5. Pour onto a large sheet pan that has been sprayed with cooking spray.
6. Cook at 200 degrees for 1 hour, stirring every 15 minutes.
7. Cool on the pan.

## Chocolate French Silk Pie

### *AON Pharmacy*

2 sticks butter  
1 1/4 cups sugar  
2 squares melted bitter chocolate  
2 tsp vanilla  
4 eggs  
Pre-baked Pie Crust or graham cracker crust  
Whipped topping & grated chocolate curls

1. Cream butter & sugar together. Blend in melted chocolate & vanilla. Add 2 eggs & beat 5 minutes (beating time is very important).
2. Add 2 more eggs & beat 5 more minutes (beating time is very important).
3. Pour into prepared pie shell & chill.
4. Serve with whipped cream and garnish with grated chocolate. ENJOY!

## Chocolate Praline Layer Cake

### *Oncology Hematology Associates*

#### **Cake**

1/2 cup butter or margarine  
1/4 cup whipping cream  
1 cup firmly packed brown sugar  
3/4 cup coarsely chopped pecans  
1 pkg Pillsbury Plus Devil's Food cake mix  
1-1/4 cups water  
1/3 cup oil  
3 eggs

#### **Topping**

1-3/4 cups whipping cream  
1/4 cup powdered sugar  
1/4 teaspoon vanilla  
Whole pecans, if desired  
Chocolate curls, if desired

1. Heat oven to 325 F. In small heavy saucepan, combine butter, 1/4 cup whipping cream, and brown sugar. Cook over low heat just until butter is melted, stirring occasionally. Pour into two 8- or 9-inch round cake pans; sprinkle evenly with chopped pecans. In a large bowl, combine cake mix, water, oil, and eggs at low speed until moistened; beat 2 minutes at highest speed. Carefully spoon batter over pecan mixture.
2. Bake at 325 F for 35 to 45 minutes or until cake springs back when touched lightly in center. Cool 5 minutes. Remove from pans. Cool completely.
3. In small bowl, beat 1-3/4 cups whipping cream until soft peaks form. Blend in powdered sugar and vanilla; beat until stiff peaks form. To assemble cake, place 1 layer on serving plate, praline side up. Spread with 1/2 of whipped cream. Top with second layer, praline side up; spread top with remaining whipped cream. Garnish with whole pecans and/or chocolate curls, if desired. Store in refrigerator.

## Deb's Symphony Brownies

### *Oncology Hematology Associates*

1 box of Brownie Mix (any brand and style works but "Fudge")  
3-4 large Symphony Bars with almonds & toffee (4.25 oz-6 oz bars)  
3 eggs  
Oil or water, whichever your mix requires on the box directions

1. Preheat oven according to directions on the brownie mix box. Mix brownies as directed on box using the “cake-like” instructions. This usually requires 3 eggs.
2. Pour half of the brownie mix into a greased 9x13-inch pan. It will be a thin layer. Then lay the Unbroken Symphony bars side by side over the mix to cover it as much as possible. (No need to break them up unless you need to get them to fit into the corners of the pan.)
3. Then pour the last half of the brownie mixture over the top of the Symphony bars and spread it out to cover completely.
4. Bake as directed on box for 9x13-inch pans. Cool & enjoy! They are really good if you put them in the fridge for a bit. The chocolate middle gets hard again ... yum!

## Derby Pie

### *Cancer & Blood Specialists of Louisville*

- 1 1/4 cups chopped pecans
- 4 large eggs
- 3/4 cup brown sugar
- 3/4 cup light corn syrup
- 1/2 cup all-purpose flour
- 1/2 cup butter, melted and cooled
- 1/4 cup white sugar
- 2 tbsp bourbon
- 1 1/2 tsp vanilla extract
- 3/4 cup miniature semisweet chocolate chips
- 1 (9 inch) unbaked deep dish pie crust

1. Preheat oven to 300 degrees F (150 degrees C).
2. Spread pecans over a cookie sheet.
3. Bake pecans in preheated oven until toasted, about 1 hour, stirring every 15 minutes. Check pecans after 30 minutes. Allow pecans to cool completely.
4. Increase oven temperature to 350 degrees F (175 degrees C).
5. Whisk eggs, brown sugar, light corn syrup, flour, butter, white sugar, bourbon, and vanilla extract together in a bowl until smooth.
6. Fold pecan pieces and chocolate chips into the egg mixture until combined; pour into prepared pie crust.
7. Bake in preheated oven until pie is set, 50 to 60 minutes. Serve warm or chilled.

## Easy Peanut Butter Fudge

### *Oncology Hematology Associates*

- 2 cups sugar

- 1/2 cup milk
- 1 tsp vanilla
- 3/4 cup peanut butter

1. Bring sugar and milk to a boil.
2. Boil 2-1/2 minutes.
3. Remove from heat and stir in peanut butter and vanilla. That is it!

## Georgia Peach Pound Cake

### *Oncology Hematology Associates*

- 1 cup butter or margarine, softened
- 2 cups white sugar
- 4 eggs
- 1 tsp vanilla extract
- 3 cups all-purpose flour
- 1 tsp baking powder
- 1/2 tsp salt
- 2 cups fresh peaches, pitted and chopped

1. Preheat oven to 325 degrees F. Butter a 10-inch tube pan and coat with white sugar.
2. In a large bowl, cream together the butter and sugar until light and fluffy. Add the eggs one at a time, beating well with each addition. Then, stir in the vanilla. Reserve 1/4 cup of flour for later and sift together the remaining flour, baking powder, and salt. Gradually stir into the creamed mixture. Use the reserved flour to coat the chopped peaches and then fold the floured peaches into the batter. Spread evenly into the prepared pan.
3. Bake for 60 to 70 minutes in the preheated oven or until a toothpick inserted into the cake comes out clean. Allow cake to cool in the pan for 10 minutes before inverting onto a wire rack to cool completely.
4. For sauce you can puree some peaches, add 2 tablespoon cornstarch, and cook low until thick. Serve as sauce over cake.

## Insane Peanut Butter Cup Cake

### *AON Pharmacy*

#### **Cake**

- 2 cups granulated sugar
- 1 3/4 cups flour
- 3/4 cup unsweetened cocoa powder
- 1 1/2 tsp baking soda
- 1 1/2 tsp baking powder
- 1 tsp kosher salt
- 2 eggs
- 1 cup milk

1/2 cup vegetable oil  
2 tsp vanilla  
1 cup very warm water

#### **Peanut butter filling**

3/4 cup butter, room temperature  
1 1/2 cups creamy peanut butter  
3 cups powdered sugar  
1/4 – 1/3 cup milk

#### **Chocolate frosting**

1 cup butter, room temperature  
1 cup unsweetened cocoa powder  
8 cups powdered sugar  
1 tsp vanilla  
2/3 cup very warm water

#### **Garnish**

10–12 full sized peanut butter cups chopped  
2 1/4 cup mini chocolate chips, divided  
1 1/2 tsp milk

1. Preheat oven to 350°F. Coat 2, 9-inch cake pans with nonstick spray. Cut 2, 9-inch rounds of parchment paper and place in the bottoms of the pans. Spray again with nonstick spray. Set aside.
2. In the bowl of your stand mixer fitted with the paddle attachment, mix together the sugar, flour, cocoa powder, baking soda, baking powder, and salt on low speed until combined.
3. With the mixer still on low, add in the eggs, milk, vegetable oil, and vanilla. Turn mixer up to medium and mix for 2 minutes, scraping the sides of the bowl as necessary. Turn the mixer back down to low and slowly add in the hot water. Mix for an additional minutes until combined.
4. Divide the batter between the 2 prepared pans. Bake for 30 minutes, or until a toothpick inserted in the center comes out clean.
5. Allow the cake to cool in the pan for 10 minutes and then remove and transfer to a wire rack to cool completely.

#### **Peanut butter filling**

1. In the clean bowl of your stand mixer, fitted with the paddle attachment mix the butter and peanut butter together on medium speed until smooth. Turn the mixer to low and slowly add in the powdered sugar. Turn the mixer to medium and mix for 1 minute until combined.
2. Turn mixer back to low and add in 1/4 cup milk. Mix for an additional minute, scraping the sides of the bowl as necessary, until creamy and combined. If desired, add additional milk to achieve desired result.
3. Transfer one of the cooled cakes to a plate or cake stand. Spread the peanut butter filling on top of the

cake. Place the other cake on top of the peanut butter filling.

#### **Chocolate frosting**

1. In the bowl of your stand mixer fitted with the paddle attachment, combine the butter, cocoa powder, powdered sugar, vanilla, and warm water and mix on low speed, until the mixture just comes together.
2. Slowly increase the speed to medium and beat the frosting for 2 minutes, scraping the sides of the bowl as necessary.
3. Let the frosting cool for 15 minutes before covering the cake.

#### **Garnish**

1. Once you have the cake covered in the chocolate frosting, pile the chopped peanut butter cups on top. Next, sprinkle 2 cup of the milk chocolate chips on top and around the bottom of the cake.
2. Place the remaining 1/4 cup chocolate chips and 1 1/2 milk into a microwave-safe bowl. Heat in 15 second increments, stirring in between each, until the chocolate is smooth. Place the melted chocolate into a small zip-top bag and snip the corner off. Drizzle the melted chocolate all over the cake.

## **Joy's Easy Banana Bread**

### **AON Pharmacy**

3 ripe bananas, mashed  
1 cup white sugar  
1 egg  
1/4 cup melted butter  
1 1/2 cups all-purpose flour  
1 tsp baking soda  
1 tsp salt

1. Preheat oven to 325 degrees F (165 degrees C). Grease a 9x5-inch loaf pan.
2. Combine bananas, sugar, egg, and butter together in a bowl.
3. Mix flour and baking soda together in a separate bowl; stir into banana mixture until batter is just mixed. Stir salt into batter.
4. Pour batter into the prepared loaf pan.
5. Bake in the preheated oven until a toothpick inserted in the center of the bread comes out clean, about 1 hour.



## KETO Chocolate Brownies

### AON Pharmacy

1/2 cup of almond flour  
1/4 cup of cocoa powder  
3/4 cups of Lakanto Monk fruit or white Swerve  
1/2 tsp baking powder  
1 tbsp of instant coffee (optional, but worth it)  
10 tbsp (or 1/2 cup + 2 tbsp) of butter  
2 oz of dark chocolate  
3 eggs (room temperature)  
1/2 tsp of vanilla extract

1. Preheat oven to 350 degrees F. Line an 8x8 or 8x9 pan with parchment paper, aluminum foil, or grease with butter.
2. In a medium mixing bowl: whisk almond flour, cocoa flour, baking powder, Monk fruit (or swerve), and instant coffee. Be sure to whisk well so there are no clumps.
3. In a large microwave safe mixing bowl, melt the butter and chocolate together for about 30 seconds – 1 minute, or until just melted.
4. Whisk in the eggs and vanilla extract and mix well.
5. Gently mix in the dry ingredients until mixed through. Be careful not to over mix the batter or it will become cakey.
6. Transfer batter into the baking dish and bake for 18-20 minutes or until a toothpick inserted comes out moist.
7. Cool for at least 30 mins.

## KETO Chocolate Chip Cookie

### Dough Fat Bombs

### AON Pharmacy

8 tbsp (1 stick) of butter, softened.  
1/3 cup of Lakanto Monk fruit or white Swerve  
1/2 tsp pure vanilla extract  
1/2 tsp kosher salt  
2 cups of almond flour  
2/3 cups sugar free chocolate chips (Lily's is a good brand)

1. In a large bowl using a hand mixer, beat butter until it is light and fluffy.
2. Add Monk fruit (or Swerve), vanilla extract, and salt. Beat until well combined.
3. Slowly beat in almond flour until no dry spots remain.
4. Fold in chocolate chips.
5. Cover bowl with plastic wrap and place in

- refrigerator to firm slightly for about 15-20 mins.
6. Using a small scoop, scoop dough into small balls.
  7. Store in the refrigerator if planning to eat within the week or in the freezer for up to one month.

## Million Dollar Pound Cake

### Messino Cancer Centers

1 pound butter at room temperature  
3 cups granulated sugar  
6 large eggs  
4 cups all-purpose flour sifted  
3/4 cup whole milk  
1 tsp almond extract  
2 tsp vanilla extract

1. Preheat and bake at 350 degrees F.
2. Grease and flour Bundt pan.
3. In the bowl of electric mixer, beat butter and sugar until fluffy.
4. Add eggs on at a time until well incorporated.
5. Slowly add flour and milk alternately beginning and ending with flour.
6. Mix until blended after each addition.
7. Stir in almond and vanilla extracts.
8. Pour batter into prepared pan. Bake at 350 degrees 1 hour and 25 minutes or until a wooden toothpick inserted in center comes out clean.
9. Cool cake in the pan on a wire rack for 20-30 minutes before inverting onto a serving tray.
10. Store covered on the countertop for 3 days or in refrigerator 5 days. Freeze in airtight container up to 3 months.

## No Bake Energy Bites

### Oncology Hematology Associates

1 cup dry oatmeal  
1/2 cup chocolate chips  
1/2 cup peanut butter  
1/2 cup ground flaxseed  
1/3 cup honey  
1 tsp vanilla

Grab a bowl and mix for a fabulous healthy snack.

## Old School Homemade Ice Cream

### Oncology Hematology Associates

Makes 1 Gallon

4 cans evaporated milk  
2 cans water  
6 eggs  
2 cups sugar  
1 tsp vanilla

1. Pour into ice cream freezer and surround with ice and rock salt.
2. Plug in ice cream maker, let it run until it stops adding additional ice and salt as it spins. Smooth, cool, and refreshing.
3. Add fruit after it churns or top with whatever suits your fancy.

## Ooey Goey Butter Cookies

### Zangmeister Cancer Center

1/2 cup salted butter, softened  
8 oz cream cheese, softened  
1 1/2 cups granulated sugar  
1 large egg, room temperature  
1 tsp vanilla extract  
2 1/4 cups all-purpose flour  
1/2 cup confectioners' sugar  
3 tsp baking powder  
1/2 cup confectioners' sugar, for rolling cookie dough in

1. Preheat oven to 350 degrees
2. In a large bowl using a hand-held mixer, beat butter, cream cheese and granulated sugar until blended
3. Add in egg and vanilla
4. Add in flour, baking powder, and 1/2 cup confectioners' sugar. With mixer on low gradually beat into the creamed mixture
5. Using a 2-tablespoon cookie scoop, scoop dough and then roll in confectioners' sugar.
6. Place approximately 6 dough balls on parchment paper-lined baking sheets.
7. Bake until they no longer appear wet on top, 8-11 minutes. After about 5 minutes, place on wire racks to cool.

## Orange Drop Scones

### AON Pharmacy

2 cups all-purpose flour  
1/3 cup packed light brown sugar

1 tsp baking powder  
3/4 tsp salt  
Zest of 2 oranges  
1/2 cup (1 stick) cold unsalted butter, cubed  
1/2 cup chilled heavy cream  
1 large egg

1. Preheat oven to 400 degrees F.
2. Line 2 sheet pans with parchment paper.
3. In a large bowl, combine flour, light brown sugar, baking powder, salt and orange zest.
4. Use a fork to cut the butter into the dry ingredients, until it resembles pea-sized lumps.
5. You can also rub the butter and flour together with your fingers.
6. In a small bowl, whisk together the heavy cream and egg. Stir into the flour-mixture.
7. The dough will turn into clumps.
8. Drop the dough by the 1/4 cup-full into mounds on the sheet pans spreading 3 inches apart.
9. Bake until golden brown, about 18-20 minutes.
10. Scones can be served warm or at room temperature.

**Notes:** Instead of orange zest, you can use another kind of citrus including lime, lemon, or grapefruit.

## Roll-Out Cookies & Icing

### Oncology Hematology Associates

#### Cookies

1 cup butter  
1 cup sugar  
1 large egg  
2 tsp baking powder  
1 tsp vanilla  
2 3/4 cups flour

1. Temperature: 400 F
2. Cream butter and sugar. Beat in eggs and vanilla.
3. Add baking powder and flour, one cup at a time, mixing after each addition. Do not chill dough. Roll dough out on floured surface approximately 1/8-inch thick. Cut in desired shapes. Bake on top oven rack until cookies are lightly browned.

#### Icing

1 cup powdered sugar  
2 tsp milk  
2 tsp light corn syrup

1. Place sugar and milk in bowl. Stir until mixed thoroughly.
2. Add corn syrup and mix well. For filling in areas, used thinned icing. (Add small amounts of light corn

syrup until desired consistency is reached.)

## Scotcheroos

### AON Pharmacy

1 1/2 cups sugar  
1 1/2 cups light corn syrup  
2 cups peanut butter  
9 cups Rice Krispies cereal  
1 pack chocolate chips  
1 pack butterscotch chips

1. Microwave sugar and corn syrup 3 minutes.
2. Mix in the peanut butter, microwave 30 seconds, stir well.
3. Pour mixture over Rice Krispies and mix well.
4. Pat onto greased cookie sheet.
5. Mix chocolate chips and butterscotch chips, microwave 2 minutes.
6. Frost bars with chips mixture.

## Sea Salt & Honey No Churn Ice Cream

### Zangmeister Cancer Center

2 cups (1 pint) heavy whipping cream  
1 (14 oz) can sweetened condensed milk  
1/4 cup honey (I have used more, plus some for drizzling)  
1/2 tsp sea salt (a smidge more for serving)

1. Pour the whipping cream in to the bowl of a stand mixer affixed with the whisk attachment. Start mixing on low speed, then slowly increase speed to high and mix until the cream forms stiff peaks, about 2 minutes. You can also use a bowl and hand mixer or mix by hand with a whisk (but it takes a while).
2. Using a spatula, gently fold in the sweetened condensed milk, 1/4 cup of honey, and 1/2 tsp of sea salt. Stir gently until combined. Pour into a freezer safe container with an airtight lid. Drizzle the top with more honey. Seal.
3. Freeze until solid, at least 6 hours.
4. Scoop into bowls or a cone. Drizzle with a little more honey and a pinch of sea salt. Serve.

## Sugar Free KETO Derby Pie

### Cancer & Blood Specialists of Louisville

### For the crust

4 tbsp butter, softened  
1 egg white  
1 cup + 1 tbsp Almond Flour  
Pinch of Salt

### Filling

4 Eggs  
3/4 cup brown sugar substitute  
1/4 cup sugar free caramel syrup (or sugar-free maple syrup)  
1/4 cup butter, melted  
2 tbsp Kentucky Straight Bourbon  
1 tsp vanilla extract  
1/2 cup low carb chocolate chips  
1 cup chopped pecans

1. Preheat the oven to 350 degrees F and grease a 9" pie plate.
2. In a medium mixing bowl, combine the ingredients for the crust and mix until it forms a smooth and uniform dough.
3. Grease two large pieces of parchment paper and place the dough into the center of one. Top with the second piece of parchment paper and roll the dough out between them to form an approximately 12" circle.
4. Peel away the top layer of parchment and place the bottom layer of parchment with the dough into the fridge for at least 10 minutes to harden slightly.
5. Once it is chilled carefully flip it over onto the greased pie plate and gently press it into the plate. Don't worry if it cracks - just use your hands and gently press any cracks together.
6. Remove any excess dough from around the rim of the crust and crimp the edges if desired.
7. Poke holes in the bottom and sides of the crust and bake in the preheated oven for 10 minutes. (note that in this step we are only partially baking the crust. It will bake further when we add the filling, so don't be surprised when it looks underdone.)
8. While the crust is baking begin to prepare the filling.
9. In a large bowl combine the eggs, brown sugar substitute, maple syrup, melted butter, bourbon, and vanilla. Beat with electric mixer until the sweetener has melted and the mixture is frothy.
10. Stir in the chopped pecans and the chocolate chips.

## Way Better Than Sex in a Pan

### Oncology Hematology Associates

### Crust

1/2 cup butter, soft (margarine works very well)  
3 tsp sugar  
1 cup flour

1 cup pecans, coarsely chopped

### Filling

8 oz cream cheese, soft  
1 cup powdered sugar  
2 cups whipped cream

### Topping

1 (5.9-oz) package chocolate instant pudding, 4 serving size  
1 (5.1-oz) package instant vanilla pudding, 4 serving size  
4 cups milk  
1 1/2 cups whipped cream  
1 chocolate bar, grated

1. Beat together the butter and sugar. Blend in flour, then stir in the chopped pecans. Press mixture into a 9 x 13 pan. Bake for 25 minutes at 350 F. Cool.
2. Combine cream cheese and powdered sugar. Then fold in 2 cups of the whipped topping. Pour this mixture over the crust.
3. Beat the package of vanilla pudding with 2 cups of cold milk. Spoon evenly over the cream cheese and whipped topping layer.
4. Spread the 2 cups of whipped topping over the vanilla pudding.
5. Beat the package of chocolate pudding with the remaining 2 cups of cold milk.
6. Spread the chocolate pudding over the whipped topping.
7. Spread the 1-1/2 cups whipped cream and sprinkle with grated chocolate and chopped pecans.
8. Chill for at least 4 hours before serving.

## Zucchini Bread

### *Oncology Hematology Associates*

3 eggs, beaten  
1 cup oil  
2 cups grated or finely chopped zucchini  
2 cups sugar  
3 tsp vanilla  
3 cups flour  
1 tsp baking soda  
1/2 tsp baking powder  
1 tsp cinnamon  
1 tsp salt  
1 cup chopped nuts (optional)

1. Beat eggs. Add oil, sugar, zucchini, and vanilla. Cream together.
2. Sift flour, baking soda, baking powder, salt, and cinnamon. Add sifted mixture to first mixture and add nuts if desired.
3. Bake in 2 loaf pans at 350 for 1 hour.



