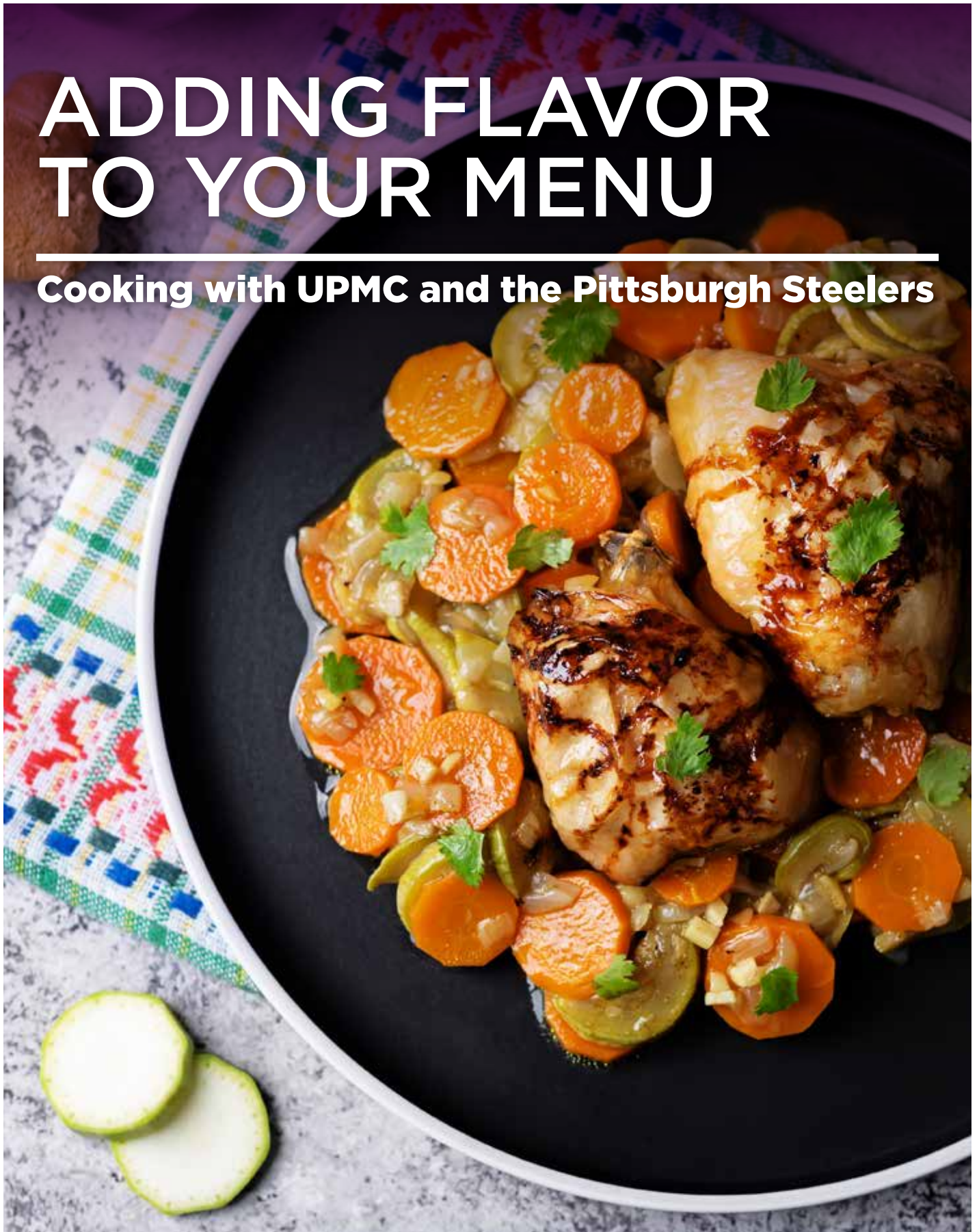


# ADDING FLAVOR TO YOUR MENU

Cooking with UPMC and the Pittsburgh Steelers



UPMC | HILLMAN  
CANCER CENTER



UPMC | MAGEE-WOMENS

## NOTES

Appetizer

# STUFFED MUSHROOMS

Serves 10 (Two mushrooms per serving.)

Baby portobello mushrooms filled with a rice, spinach, and cheese stuffing.

### Ingredients

- 20 baby portobello mushrooms (stemmed)
- 3/4 cup cooked white rice (cooled)
- 1/4 cup steamed spinach (drained and cut)
- 1/4 cup mozzarella cheese
- 1-3 oz. Egg Beaters
- 1/2 tbsp. Mrs. Dash seasoning

### Instructions

1. Preheat the oven to 350 degrees. Wash, drain, and dry all mushrooms.
2. Add rice, spinach, mozzarella cheese, Egg Beaters, and seasoning to a bowl and combine thoroughly.
3. Fill each mushroom with approximately 1 tbsp. of filling.
4. Place stuffed mushrooms on a sheet pan and place into the oven.
5. Cook until the mushrooms reach 165 degrees internally, then remove from the oven, and serve.

Entrée

# CHICKEN NAPOLEON

Serves 2

Chicken cutlets pan seared and filled with a sautéed vegetable ragu.

## Ingredients

- 4 chicken cutlets (2 per serving)
- 1/4 cup chicken broth
- 1 carrot (chopped)
- 1 zucchini (chopped)
- 1 yellow squash (chopped)
- 1 shallot (chopped)
- 1 tbsp. extra virgin olive oil
- Microgreens, to garnish
- Mrs. Dash seasoning (as needed)

## Instructions

1. Heat your pan with a medium flame.
2. Add oil to the pan.
3. While the oil is heating, season each side of your chicken cutlets.
4. Once the oil is hot, carefully place the chicken into the pan.
5. Cook the chicken thoroughly, remove from pan, and set aside.
6. Add all vegetables and sauté for 2 minutes, then remove from pan.
7. Add chicken broth to the hot pan to deglaze the pan and continue to reduce the broth by half.
8. Place the chicken cutlets and vegetables on the plate and finish with the reduced broth and microgreens.

Dessert

# NO BAKE BANANA CHEESECAKE

Serves 2

Velvety low-fat cheesecake filling in an oat and whole grain graham cracker crust. Topped with assorted fresh berries.

## Ingredients

- 1/2 sheet graham cracker
- 1 tbsp. toasted oats
- 1/2 tsp. sweetener (Splenda)
- 1 5.3 oz. container of Greek yogurt
- 1 tbsp. sugar-free cheesecake pudding
- 1/2 banana
- Assorted berries

## Instructions

1. Heat a pan over medium heat.
2. Add the dry oats to a pan and allow the oats to toast for a minute or two, tossing or stirring frequently to allow for even toasting.
3. In a large bowl, crush the graham crackers.
4. Add your toasted oats and sweetener to the crushed graham crackers and mix.
5. In a second bowl, add pudding mix and yogurt. Mix until smooth. The mixture should be very thick.
6. In an 8 oz. cup or dish, add the crust mixture and pack it.
7. Add the filling to the container and smooth the filling out.
8. Add the banana and push down into mix.
9. Garnish with berries and serve immediately. You can also refrigerate for later.

# RECIPE NUTRITION ANALYSIS

## Stuffed Mushrooms

630 calories / 50g protein / 10g fat / 110g carbohydrates / 35g fiber

Per serving (2 mushrooms): 63 calories / 5g protein / 1g fat / 11g carbohydrates / 3.5g fiber

## Chicken Napoleon

834 calories / 110g protein / 36g fat / 22g carbohydrates / 4g fiber

Per serving (1/2 recipe): 417 calories / 55g protein / 18g fat / 11g carbohydrates / 2g fiber

## No Bake Banana Cheesecake (no additional ingredients)

658 calories / 28g protein / 36g fat / 60g carbohydrates / 4g fiber

Per serving (1/2 recipe): 329 calories / 14g protein / 18g fat / 30g carbohydrates / 2g fiber

## NOTES

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**UPMC HILLMAN CANCER CENTER  
WELLNESS AND INTEGRATIVE ONCOLOGY PROGRAM**



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## **Cooking for Cancer and Chronic Disease**

Cooking for Cancer and Chronic Disease features video cooking demonstrations and tutorials, hosted by our oncology dietitian and special guests. Content is regularly updated on our digital library.

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