

# FIVE MEALS. TWO SUPERSTAR INGREDIENTS.

**Cooking with UPMC and the Pittsburgh Steelers**



UPMC | HILLMAN  
CANCER CENTER



UPMC | MAGEE-WOMENS

**Breakfast**

# CINNAMON QUINOA BREAKFAST BOWL

**Serves 2**

## Ingredients

- 1/2 cup uncooked quinoa
- 1 cup almond milk, plain or vanilla
- 1 to 2 cinnamon sticks
- Piece of a vanilla bean, or 1/2 teaspoon pure vanilla extract
- Pinch of salt

## Topping Ideas

- Toasted sliced almonds
- Toasted coconut flakes
- Peaches
- Raspberries
- Maple syrup
- Extra splashes of almond milk
- More spices, to taste (cinnamon, nutmeg, etc.)

## Instructions

1. Rinse and drain the quinoa.
2. Place it in a small saucepan and add the almond milk, 1 to 2 cinnamon sticks, vanilla, and a pinch of salt. Bring to a high simmer, cover, and reduce heat to a low simmer for 15 minutes. (Tip: Don't walk away. If it starts bubbling, turn the heat off, give it one stir mid-cook if you need to, and resume).
3. After 15 minutes, remove the pan from the heat and let the quinoa sit for 5 more minutes or until the almond milk is absorbed and the quinoa is cooked. Taste and add additional spices to your liking.
4. Scoop the quinoa into two bowls and top with toasted almonds, toasted coconut, and fruit. Serve with maple syrup if you like. Enjoy as a fluffy pilaf, or as a porridge with warm almond milk poured on top.



**Breakfast**

# KALE PINEAPPLE SMOOTHIE

**Serves 2**

## Ingredients

- 2 cups lightly packed chopped kale leaves, stems removed
- 3/4 cup unsweetened vanilla almond milk or any milk you like
- 1 frozen medium banana, cut into chunks
- 1/4 cup plain non-fat Greek yogurt
- 1/4 cup frozen pineapple pieces
- 2 tablespoons peanut butter (creamy or crunchy)
- 1 to 3 teaspoons honey to taste

## Instructions

1. Place all ingredients (kale, almond milk, banana, yogurt, pineapple, peanut butter, and honey) in a blender in the order listed.
2. Blend until smooth. Add more milk as needed to reach desired consistency. Enjoy immediately.

Lunch

# HONEYCRISP KALE SALAD WITH POPPED QUINOA

Serves 2 to 3

## Ingredients

- 1/2 cup quinoa, any color
- 1/2 cup sliced almonds
- 1 honeycrisp apple
- 2 lemons
- Kosher salt
- 1/2 cup extra-virgin olive oil
- 1 clove garlic, peeled and smashed
- 1 bunch of kale, lacinato or curly
- Fresh parmesan cheese

## Instructions

1. Pop the quinoa: Heat a wide sauté pan over medium high heat until very hot. Test the temperature by adding a drop of water. It should sizzle immediately. Add quinoa in a single layer. Shake the pan regularly and pop for 1 to 2 minutes. You'll know it's done when the popping slows down (similar to popcorn). Season if you like and set aside.
2. Toast the almonds: Heat oven to 350 degrees and spread almond slices out on a sheet pan. Toast 5 to 7 minutes until golden brown and fragrant. Let cool and set aside.
3. Cut apple in quarters, then cut into thin slices. Place into a bowl and squeeze the juice from one lemon over, toss to coat. Set aside.
4. Combine the juice of the other lemon and pinch of salt. Whisk in olive oil. Place garlic clove in and let steep.
5. Work in batches to cut kale into thin ribbons, like a slaw.
6. Place kale ribbons into a big salad bowl. Sprinkle with almonds and cheese. Remove garlic clove from dressing, pour half over salad and toss. Taste and add more salt or dressing if desired. Top with apple and popped quinoa.



Dinner

# QUINOA BURGER SLIDERS

Makes 6 big burgers or 12 slider size

## Ingredients

- 1/2 cup uncooked quinoa
- 1/3 cup chopped sun-dried tomatoes (not olive oil packed)
- 1 (15-ounce) can reduced-sodium chickpeas rinsed and drained
- 1 cup old-fashioned rolled oats
- 2 cloves garlic roughly chopped
- 1/2 teaspoon kosher salt
- 1/2 teaspoon dried oregano
- 1/4 teaspoon ground black pepper
- 1 large egg
- 1/4 cup crumbled feta cheese, plus additional for serving
- 1 tablespoon minced fresh parsley
- 1 tablespoon finely chopped fresh basil
- Olive oil for cooking the burgers
- Burger or slider buns

## Instructions

1. Place the quinoa in a medium saucepan with 1 cup water and bring to a boil. Reduce the heat to a simmer, then cover the pan and let cook for 15 minutes. Remove the pan from the heat and let stand 5 minutes. Uncover, fluff the cooked quinoa with a fork, and set aside.
2. Meanwhile, place the sun-dried tomatoes in a small bowl and cover with very hot water. Let stand for at least 5 minutes to rehydrate, drain, and set aside.
3. In the bowl of a food processor, combine the quinoa, chickpeas, oats, garlic, salt, oregano, and pepper. Process until the mixture is nicely ground and blended. Add the egg, then pulse a few times until the egg is combined with the chickpea mixture (it will be a very thick, chunky paste). Transfer the mixture to a large mixing bowl, then gently fold in the drained sun-dried tomatoes, feta, parsley, and basil. Form the burgers into 6 patties (or 12 sliders). If not ready to cook immediately, place the patties in the refrigerator.
4. In a small mixing bowl, stir together the topping ingredients: cherry tomatoes, olives, parsley, basil, and vinegar. If desired, toast the buns in a toaster oven, a lightly oiled skillet, or in an oven preheated to 400 degrees. Watch carefully so that they do not burn.
5. When you are ready to cook the quinoa burgers, place a large skillet over medium heat. Drizzle the skillet generously with olive oil, then cook the veggie burger patties on each side, until both sides are browned and the patties are cooked through, about 8 minutes total. Be careful as the oil may splatter. Serve on toasted buns, top with anything you like. Enjoy!

Dinner

# QUICK-BRAISED KALE



## Ingredients

- 1/4 cup extra-virgin olive oil
- 3 cloves garlic, peeled and sliced
- 1 large bunch kale, stemmed, with leaves coarsely chopped
- 1/2 cup vegetable stock, white wine\*, or water
- Kosher salt
- Freshly ground black pepper
- Red pepper flakes
- 2 tablespoons red-wine vinegar

## Instructions

1. Heat olive oil in a large sauté pan set over medium-high heat until it simmers. Add garlic, and cook until soft.
2. Add kale to the pan, turn the heat to high, and add the stock. Use a spoon to toss the greens in the oil and stock, then cover and cook for approximately 5 to 7 minutes, until it is soft and wilted but still quite green. Remove cover and continue to cook, stirring occasionally until all the liquid has evaporated, another 1 to 2 minutes. Season to taste with salt, pepper, and red pepper flakes, add vinegar, and toss to combine.

*\* Seek the advice of a physician or other qualified healthcare provider if choosing to use alcohol in this recipe.*

# RECIPE NUTRITION ANALYSIS

## **Cinnamon Quinoa Breakfast Bowl (no additional ingredients)**

362 calories / 13g protein / 8g fat / 57g carbohydrates / 7g fiber

Per serving (1/2 recipe): 181 calories / 6.5g protein / 4g fat / 28.5g carbohydrates / 3.5g fiber

## **Kale Pineapple Smoothie (made with 2 tsp honey)**

448 calories / 16g protein / 18g fat / 58g carbohydrates / 6g fiber

Per serving (1/2 recipe): 224 calories / 8g protein / 9g fat / 29g carbohydrates / 3g fiber

## **Honeycrisp Kale Salad with Popped Quinoa**

1,250 calories / 29g protein / 88g fat / 96g carbohydrates / 19g fiber

Per serving (1/3 recipe): 417 calories / 9.5g protein / 29g fat / 32g carbohydrates / 6g fiber

## **Quinoa Burger Sliders**

2,508 calories / 101g protein / 52g fat / 410g carbohydrates / 41g fiber

Per serving (1 slider): 209 calories / 8g protein / 4g fat / 34g carbohydrates / 3.5g fiber

## **Quick-Braised Kale**

406 calories / 2.7g protein / 42g fat / 7g carbohydrates / 3g fiber

Per serving (1/4 recipe): 101 calories / 0.7g protein / 10g fat / 1.75g carbohydrates / 0.7g fiber

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



---

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

- Virtual Cooking Classes, 30 minutes or less
- Wednesdays at 9 a.m.
- FREE for everyone!



Scan the QR code to learn more