



NATIONAL
BREAST
CANCER
FOUNDATION, INC.®

5 Ingredient Healthy Meals



Registered
dietitian
approved

5 Ingredient Healthy Meals



Well-balanced and wholesome nutrition can play a pivotal role in supporting cancer patients' health and can help reduce certain [risk factors](#) for developing cancer. Eating well is important, and having it taste good is the (literal) gravy on top!

This cookbook was developed based on recommendations from our community. In a poll, the majority of participants said they wanted to make healthy meals with minimal ingredients and time required. Thus 5 Ingredient Healthy Meals was born!

Developed in partnership with a registered dietitian, the recipes in this cookbook contain up to 5 main ingredients and are simple to prepare. We hope they will help ease the burden of those in treatment and support those who want to eat healthy, all while holding on to delicious flavors. Enjoy!

A note on ingredients: Each recipe contains 5 (or fewer) main ingredients. Any ingredients that are optional or for garnish purposes are marked as "optional." Several recipes call for "pantry staple" ingredients, which are ingredients such as salt and pepper that are typically on hand in a kitchen. These pantry staples are also designated within the ingredients lists.

Disclaimer: The recipes in this cookbook should serve as a general guide for healthy meals. Please ask your doctor if there are certain foods that you need to avoid due to other medical conditions, allergies, or nutrient interactions with medications you may be taking before making these recipes.

Table of Contents

About the Author 4

Breakfast **5**

Green Mango Power Smoothie 6

Protein Bagels 8

Veggie Ricotta Egg Bites 11

Salads **14**

Feta & Dill Green Bean Salad 15

Caprese Pasta Salad 17

Lunch & Dinner **19**

Crockpot Salsa Chicken Tacos. 20

Pesto Shrimp Pasta 23

Baked Spaghetti Squash 26

Turkey Taco Bowls 29

About the Author

Mickala Parsley, MS, RD, LD

Mickala Parsley is a registered dietitian who has a passion for oncology nutrition. She has worked in multiple cancer centers in the Indianapolis area. Mickala attended Ball State University for her bachelor's and master's degrees in nutrition and



dietetics. While she has been interested in food and nutrition for as long as she can remember, Mickala's interest in oncology nutrition began in college with her philanthropic work with Camp Kesem and her mother's history of both colorectal and breast cancers. Mickala has seen firsthand how nutrition can play a pivotal role before, during, and after a cancer diagnosis.

Mickala runs social media channels and a nutrition blog, Sea Salt and Kale, where she enjoys sharing simple and digestible nutrition tips, recipes, and grocery suggestions. She also enjoys spending time outdoors and traveling with her husband, daughters, and two rescue dogs.

Contact:

 Mickala@seasaltandkale.com

 www.seasaltandkale.com

   @seasaltandkale

Breakfast



Green Mango Power Smoothie



Makes 1 smoothie | Prep time: 5 minutes | Total time: 5 minutes

Smoothies are an excellent on-the-go breakfast for busy mornings and are a simple way to sneak more cancer-fighting fruits and vegetables into your diet. Spinach contains beta-carotene, vitamin C, fiber, and other cancer-protective phytochemicals (naturally occurring chemicals produced by plants) and is great to include in a healthy diet. While the spinach in this recipe makes the smoothie green and adds nutritional value, it cannot be tasted when combined with the fruit and vanilla protein powder.

Green Mango Power Smoothie

Ingredients:

1 cup almond milk,
unsweetened
1/2 cup mango
chunks, frozen
1 small banana, frozen
2 handfuls spinach
1 scoop vanilla protein
powder

Approximate Nutrition Facts

1 serving per recipe

Serving size

1 smoothie

Calories

300 kcal

Total Fat

7g

Saturated Fat

0.5g

Cholesterol

50mg

Sodium

285mg

Total Carbohydrates

50g

Fiber

7g

Sugars

25g

Protein

25g

Instructions:

1. Combine all ingredients in a blender and blend until smooth.

Notes:

- If you use a regular banana instead of frozen, add some ice to the blender to keep it cold.
- If you do not have almond milk, any milk will work. Using almond milk makes this recipe dairy-free.
- Variations in protein powder can affect the total protein, calorie, cholesterol, and sugar content. Please check ingredient labels to confirm approximate nutrition facts.

Protein Bagels



Makes 11 bagels | Prep time: 5 minutes | Total time: 30 minutes

Protein is an essential nutrient to help you feel full, satisfied, and energized. If you are undergoing active cancer treatment, increasing your protein intake is imperative for cell recovery and healing. These protein bagels offer 7 grams of protein per bagel and would be great to eat along with eggs for additional protein in the morning.

*Protein Bagels***Ingredients:**

2 cups self-rising flour
2 cups plain Greek
yogurt
2 eggs
Bagel seasoning,
to taste

**Approximate
Nutrition Facts**

11 servings per recipe

Serving size**1 bagel****Calories****160 kcal****Total Fat**

4g

Saturated Fat

1g

Cholesterol

35mg

Sodium

250mg

Total Carbohydrates

22g

Fiber

1g

Sugars

2g

Protein

7g

Instructions:

1. Preheat the oven to 350F.
2. Line a baking sheet with parchment paper or silicone baking mat. Or apply a thin layer of non-stick cooking spray to a baking sheet before use.
3. In a large bowl, whisk eggs and combine with yogurt. Slowly add in flour.
4. Mix all the ingredients together until it forms a dough-like consistency, adding more flour if needed.
5. Form dough into bagel shapes on a prepared baking sheet and sprinkle with desired bagel seasoning.
6. Bake for 25 minutes or until lightly golden.

Notes:

- Pro tip: Lightly oiling your hands before picking up the dough can make it easier to form into a bagel shape and prevent sticking.
- “Everything but the bagel” seasoning is suggested to flavor this recipe. However, you can use any seasoning you would like, including salt-free varieties if you are watching your sodium intake.
- Using Greek yogurt adds protein and moisture, making these bagels denser than traditional bagels.
- Nutrition facts can vary based on specific brands of Greek yogurt and self-rising flour used. Please check ingredient labels to confirm approximate nutrition facts.

Veggie Ricotta Egg Bites



Makes 12 egg bites

Prep time: 5 minutes | Total time: 30 minutes

Eating breakfast can be difficult for busy adults. Eating a veggie-packed breakfast can be even harder. These Veggie Ricotta Egg Bites are easy to make and can be prepared ahead of time for busy mornings. The red bell pepper addition provides an excellent source of vitamin C, which helps protect cells against DNA damage that can cause cancer. Did you know that red bell peppers actually contain more vitamin C than an orange?

Veggie Ricotta Egg Bites

Ingredients:

8 eggs
 1/2 cup ricotta
 cheese, part-skim
 1/4 cup milk
 1/2 cup red bell
 pepper, diced
 1/4 cup onion, diced

Pantry staples:

Salt and pepper, to
 taste
 Garlic powder, to
 taste

Approximate Nutrition Facts

6 servings per recipe

Serving size

2 egg bites

Calories

140 kcal

Total Fat

9g

Saturated Fat

3g

Cholesterol

230mg

Sodium

200mg

Total Carbohydrates

8g

Fiber

1g

Sugars

3g

Protein

12g

Instructions:

1. Whisk eggs and then combine well with ricotta cheese and milk. Stir in diced veggies and seasonings.
2. Spray a muffin tin with non-stick cooking spray or line with silicone baking cups.
3. Pour egg mixture into prepped muffin tin. Bake at 350F for about 25 minutes or until eggs are set.
4. Enjoy immediately or store in the fridge once cooled. To enjoy later on, simply microwave for a minute to warm up.

Notes:

- Feel free to switch up the vegetables in this recipe for whatever you have on hand. The possibilities are endless!
- Choosing lower-fat dairy for this recipe, such as low-fat ricotta cheese or 1% or skim milk, is a great way to reduce saturated fat content.

- The exact nutritional values can vary based on specific brands of ingredients used, especially the milk and ricotta cheese. Please check ingredient labels to confirm approximate nutrition facts.

Salads



Feta & Dill Green Bean Salad



*Makes 1 salad (serves 2 people)
Prep time: 10 minutes | Total time: 25 minutes*

Fresh herbs are an excellent way to flavor foods without using salt. They can also be used to provide a boost of nutrition to your meals. Many herbs and spices have been studied for their antioxidant, anti-inflammatory, and immunomodulatory (immune system boosting) effects, which might be related to the prevention of several cancers. The dill in this recipe provides a fresh flavor, complementing the green beans and Greek flavors.

Feta & Dill Green Bean Salad

Ingredients:

1 lb fresh green beans
2 tbsp red onion,
diced
3 tbsp feta cheese
crumbles
2 tbsp fresh dill,
chopped
1/4 cup Greek salad
dressing

Approximate Nutrition Facts

2 servings per recipe

Serving size

1/2 of recipe

Calories

140 kcal

Total Fat

10g

Saturated Fat

3g

Cholesterol

15mg

Sodium

400mg

**Total
Carbohydrates**

10g

Fiber

4g

Sugars

3g

Protein

5g

Instructions:

1. Wash and trim green beans. Boil green beans for 7 minutes, then transfer to an ice bath to stop the cooking and to cool. Drain once cooled.
2. Combine green beans, red onion, feta, fresh dill, and Greek salad dressing in a large bowl.
3. Toss to combine and serve chilled.

Notes:

- If you do not have access to fresh herbs, dried herbs can be used in a pinch. If using dried dill, use only 2 tsp rather than 2 tbsp.
- The nutrition facts can vary based on the specific brand of Greek dressing and feta cheese used. Please check ingredient labels to confirm approximate nutrition facts.

Caprese Pasta Salad



Makes 1 salad (serves 6 people)
Prep time: 5 minutes | Total time: 25 minutes

This pesto pasta salad is a healthier spin on traditional pasta salad that contains processed meats. For cancer prevention, it is recommended to avoid processed meats as they have been linked to increased risk of certain cancers. While this pasta salad does not contain meat, it is still full of flavor and nutrition. The pesto provides healthy fats, while the tomatoes and basil provide antioxidants and phytochemicals for disease prevention.

*Caprese Pasta Salad***Ingredients:**

12 oz cheese tortellini
 1/4 cup pesto
 1 cup cherry
 tomatoes, cut in half
 1 cup fresh
 mozzarella pearls
 1/4 cup fresh basil,
 chopped

Approximate Nutrition Facts	
6 servings per recipe	
Serving size	1/6 of recipe
Calories	350 kcal
Total Fat	20g
Saturated Fat	7g
Cholesterol	25mg
Sodium	500mg
Total Carbohydrates	35g
Fiber	3g
Sugars	4g
Protein	15g

Instructions:

1. Prepare tortellini according to the package instructions, rinsing with cold water to halt the cooking process.
2. Combine the pesto with the tortellini until coated. Stir in the rest of the ingredients until combined. Serve chilled.

Notes:

- To make this recipe dairy-free, omit cheese from the dish by combining regular pasta, such as penne pasta, vegan pesto, cherry tomatoes, and fresh basil.
- Adding some fresh arugula will increase the veggie count for this dish and give it a different flavor.
- Nutrition facts can vary based on the specific brand of tortellini and pesto used. Please check ingredient labels to confirm approximate nutrition facts.

Lunch & Dinner



Crockpot Salsa Chicken Tacos



Makes 8 tacos | Prep time: 5 minutes | Total time: 4 minutes

Whether you are tired from treatment side effects or just have a busy schedule, these crockpot chicken tacos are beyond easy to make and provide a healthy meal. The meat can be used for tacos, such as these, or it can be used for bowls and burritos. The possibilities are endless!

Lycopene is the main cancer-fighting compound found in tomatoes and tomato-based salsa. Surprisingly, lycopene content is higher in cooked tomatoes as heat breaks down cell walls, releasing more lycopene to be digested by the body. By cooking chicken with salsa in this recipe, you are increasing this cancer-fighting compound!

Crockpot Salsa Chicken Tacos

Ingredients:

4 boneless skinless
chicken breasts
2 cups salsa
Whole-grain tortillas
Taco toppings

Pantry staples:

Salt and pepper,
to taste
Garlic powder,
to taste

Approximate

Nutrition Facts

(not including toppings)

8 servings per recipe

Serving size

1/8 of
shredded
chicken

Calories

180 kcal

Total Fat

5g

Saturated Fat

1g

Cholesterol

80mg

Sodium

400mg

Total Carbohydrates

10g

Fiber

2g

Sugars

5g

Protein

25g

Instructions:

1. Place the whole chicken breasts in the crockpot and pour salsa over the top. Season with salt and pepper, if desired.
2. Cover and cook on high for 4 hours or on low for 6-8 hours. Make sure the chicken reaches an internal temperature of 165F.
3. Once fully cooked, shred the chicken apart with two forks.
4. Optional: This recipe can be eaten as tacos or shredded chicken by itself. For tacos, serve on whole-grain tortillas with your favorite taco toppings. We recommend adding fresh produce on top, such as chopped red onion, tomatoes, lettuce, and cilantro, and squeezing lime juice on top for additional flavor and nutrients.

Notes:

- This recipe can be made with any salsa of your choice.
- If you prefer additional flavor, you can add a packet of taco seasoning to your crockpot before cooking.
- Nutrition facts can vary based on the specific brand of salsa and the size of the chicken breasts used. Please check ingredient labels to confirm approximate nutrition facts.

Pesto Shrimp Pasta



Makes 1 pasta (serves 4 people)

Prep time: 10 minutes | Total time: 20 minutes

Research shows that people who consume a moderate amount of seafood have a lower risk of developing cancer and other chronic diseases and often live longer lives. Shrimp is an excellent low-calorie, high-protein ingredient for those wanting to include more seafood in their diet. This pesto shrimp pasta is a balanced meal that comes together quickly and tastes great!

Pesto Shrimp Pasta

Ingredients:

10 oz penne pasta
 3/4 cup pesto
 1 lb shrimp, peeled
 and deveined with
 tails removed
 1 1/2 cups cherry
 tomatoes
 2 garlic cloves,
 minced

Optional ingredients:

1 tbsp Italian
 seasoning
 Parmesan cheese
 Fresh basil

Pantry staples:

2 tbsp avocado oil (or
 oil of your choosing)
 Salt and pepper, to
 taste

Approximate
Nutrition Facts

4 servings per recipe

Serving size

1/4 of
recipe**Calories** **680 kcal****Total Fat** 30g

Saturated Fat 3.6g

Cholesterol 175mg**Sodium** 900mg**Total Carbohydrates** 65g

Fiber 4g

Sugars 4g

Protein 45g

Instructions:

1. Bring a large pot of water to a boil and prepare pasta according to the package.
2. While the pasta is cooking, heat the avocado oil in a large skillet over medium to high heat. Add the shrimp, garlic, Italian seasoning, and salt and pepper. After 2 minutes, add in the tomatoes. Cook until shrimp is pink and tomatoes are blistered, then remove from heat.
3. Drain the pasta once cooked and add to a large bowl with the shrimp and tomatoes. Toss in the pesto and combine well.
4. Optional: Top with Parmesan cheese and garnish with fresh basil before serving.

Notes:

- This recipe can be made dairy-free by using vegan pesto and not using Parmesan cheese on top.
- Nutrition facts can vary based on the specific brands and amounts used. Adjusting the amount of salt and pepper will affect sodium content. Please check ingredient labels to confirm approximate nutrition facts.

Baked Spaghetti Squash



Makes 1 dish (serves 6 people)
Prep time: 5 minutes | Total time: 40 minutes

This low-carb recipe uses spaghetti squash in place of traditional pasta. Spaghetti squash is a nutrient-dense food that provides fiber and antioxidants, which are helpful for disease prevention. It can be used in place of pasta in many recipes for those looking to sneak in more vegetables, or for those looking to reduce calories and increase fiber for weight or other health considerations.

Pro tip: Added sugar can be found in many hidden sources, such as sauces and condiments. Try looking for pasta sauce that contains 0g added sugar. This is a great habit to form when grocery shopping for all food items!

*Baked Spaghetti Squash***Ingredients:**

1 large spaghetti squash
 1 onion, diced
 1 lb ground turkey
 24 oz jar of pasta sauce
 1 1/2 cups shredded mozzarella cheese

Pantry staples:

2 tbsp avocado oil (or oil of your choosing)
 Salt and pepper, to taste

Approximate Nutrition Facts

6 servings per recipe

Serving size**1/6 of recipe****Calories 320 kcal****Total Fat** 17g

Saturated Fat 6g

Cholesterol 75mg**Sodium** 600mg**Total Carbohydrates** 25g

Fiber 5g

Sugars 6g

Protein 24g**Instructions:**

There are three phases needed to complete this recipe: preparing the squash, making the meat sauce, and baking the pasta.

To prepare the squash:

1. Poke holes throughout the spaghetti squash with a sharp knife.
2. Microwave spaghetti squash for about 10 minutes (cooking time may vary by size of the spaghetti squash and microwave settings). Carefully remove the squash from the microwave. Caution: It will be very hot!
3. Slice squash in half and remove any seeds. Shred strands of spaghetti squash with a fork.

To prepare the meat sauce:

1. In a large skillet over medium heat, add the avocado oil until warm. Add in onion and cook until translucent.
2. Add ground turkey and cook until no longer pink. Ground turkey temperature should reach 165F.
3. Pour in pasta sauce and stir to combine.
4. Combine the spaghetti squash with the prepared meat sauce.

To prepare the baked pasta:

1. Preheat oven to 375F. Spray a 9x13 casserole dish with cooking spray.
2. Pour the spaghetti squash with meat sauce into the pan. Spread out evenly. Top with mozzarella cheese and sprinkle with Italian seasoning.
3. Bake uncovered for 20 minutes or until cheese is bubbly.

Notes:

- To make this recipe dairy-free, skip baking the pasta dish and enjoy just the squash with meat sauce.
- There are many ways to cook spaghetti squash. The microwave is the easiest way, but alternatively, you could roast the squash in the oven. To try this method, cut the raw spaghetti squash in half and remove the seeds. Drizzle with oil, salt, and pepper and place cut sides down on a baking sheet. Roast in the oven for about 40 minutes at 400F, then shred roasted strands with a fork.
- Nutritional values are estimates and can vary based on specific brands and preparation methods. The total sodium content may vary depending on the pasta sauce used. Please check ingredient labels to confirm approximate nutrition facts.

Turkey Taco Bowls



Makes 4 bowls | Prep time: 5 minutes | Total time: 25 minutes

Many studies recommend reducing red meat intake for cancer prevention. Popular red meats to limit are beef, pork, and lamb. Turkey is an excellent substitute for red meat to help reduce overall consumption while still enjoying your favorite protein-rich recipes.

Turkey Taco Bowls

Ingredients:

1 cup brown rice
1 lb ground turkey
1 packet taco seasoning

Optional toppings:

Lettuce
Salsa

Pantry staples:

2 tbsp avocado oil (or oil of your choosing)
3/4 cup water

Approximate Nutrition Facts

4 servings per recipe

Serving size

1 taco bowl
(1/4 of recipe)

Calories

330 kcal

Total Fat

14g

Saturated Fat

14g

Cholesterol

80mg

Sodium

600mg

Total Carbohydrates

30g

Fiber

3g

Sugars

1g

Protein

26g

Instructions:

1. Prepare brown rice according to package instructions.
2. Over medium heat, add oil to a skillet and begin to brown the ground turkey.
3. Once turkey is browned, drain any excess fat, add the taco seasoning packet and water, and bring to a boil.
4. Reduce heat and simmer for a few minutes, stirring frequently until thickened. Then remove from heat.
5. Assemble your taco bowls with the brown rice, turkey meat, lettuce, and salsa.
6. Optional: Add lettuce and salsa. Other suggested optional toppings that provide additional nutrients include black beans, cilantro, radishes, red onion, corn, jalapeños, fresh limes, and tomatoes. Cheese and hot sauce would also pair well.

Notes:

- Use cauliflower rice in place of brown rice to make this a low-carbohydrate meal.
- Low-sodium taco seasoning will reduce the sodium content of this meal.
- Nutritional values are estimates and can vary based on specific brands and preparation methods. The total sodium content may vary significantly based on the taco seasoning used. Please check ingredient labels to confirm approximate nutrition facts.