

The Healing Harvest Cookbook

Quick, easy recipes to nourish cancer patients and their families

Dartmouth Health | Dartmouth Geisel School of Medicine



About Our Program

Healing Harvest is a program of the Dartmouth Cancer Center. We use money from the Prouty to buy food from local farms. This food is available at the hospital for cancer patients and their families!

This cookbook is for cancer patients and their families. Inside, you will find easy recipes for breakfast, lunch, and dinner. Because we buy local food, the things we offer change throughout the year. Items you can often find at Healing Harvest are highlighted in green!

We hope that this cookbook helps you to remember old staples and find new favorites. As we always say, food is medicine!



BANANA SPLIT BREAKFAST SUNDAE

Kathy Furney, Oncology Social Worker, says:
"This is a healthier version of a traditional banana split. It's fun to mix things up for breakfast!"

3 minutes 1 serving Vegetarian/Gluten Free

Ingredients

- Yogurt or pudding
- Banana (chopped)
- Nuts (any kind)
- Syrup, jam, or chocolate sauce
- Sprinkles or other fun toppings
- Flax or pumpkin seeds
- Other fruit

Instructions

- Place yogurt or pudding in a serving bowl
- Add sliced banana and other toppings as desired
- Enjoy!



Image Credit: Beeyond Cereal

HIGH PROTEIN EGG BITES

Kim Hillier, Healing Harvest Program Assistant, says: “This recipe is from King Arthur Flour and we enjoy it at least twice a month. It is an excellent high-protein portable breakfast. Our favorite add-ins are finely diced sundried tomatoes and feta cheese.”



Image Credit: Love and Lemons

35 minutes **12 egg bites** **Vegetarian, Gluten Free**

Ingredients

- ¾ cup cottage cheese or greek yogurt
- 8 large eggs
- ¼ tsp table salt
- Optional: pinch of pepper
- 1 cup of finely chopped, crumbled, or shredded mix-ins, such as:
  - Spinach
  - Tomatoes
  - Cheese
  - Bell peppers
  - Broccoli

*NOTE: If you do not plan to eat within 3 to 4 days, freeze them immediately after they cool.

Instructions

- Preheat oven to 325° F
- Grease nonstick baking cups, or fill with muffin liners
- Divide mix-ins evenly between the 12 cups, filling each cup about halfway full
- In a blender or by hand, mix cottage cheese, eggs, salt, and pepper until cheese curds are broken down
- Pour egg mixture into each muffin cup
- Bake 20-22 minutes, or until 180° in the center


Image Credit: Chelsea's Messy Apron

APPLESAUCE MUFFINS

Filomena Kersey, Pediatric Oncology Dietician, says:
"You can also add some chopped walnuts to the batter for protein and omega 3 fats. Another way to add protein is to serve these with a nut butter, such as peanut butter. Muffins also freeze well—you can make a double batch and put half in the freezer for later!"

35 minutes **12 muffins** **Vegetarian**

Ingredients

- 1 cup unsweetened applesauce
- 2 tablespoons melted butter, slightly cooled
- 1 egg, lightly beaten
- ½ cup milk
- 1 teaspoon vanilla extract
- 1 cup whole wheat flour
- ½ cup rolled oats
- ¼ cup sugar (or maple syrup)
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 1 teaspoon cinnamon
- ¼ teaspoon salt

Instructions

- Preheat the oven to 375°
- Stir together the applesauce, butter, milk, egg, and vanilla in a medium bowl
- Add the flour, oats, sugar, baking powder, baking soda, cinnamon, and salt and gently fold together
- Fill 12-cup standard muffin pan with about ¼ cup batter in each cup
- Bake for 22-24 minutes
- Remove from oven, let cool for about 2 minutes in the pan
- Run a knife around the edges to loosen if needed, and remove to cool on a wire rack.

PEANUT BUTTER CUP MILKSHAKE

Micaela Moravek, Healing Harvest Dietetic Intern, says: “This recipe packs a punch with 1248 calories and 53.5 grams of protein! For a reduced-sugar version, use whole milk instead of chocolate.”

5 minutes **30 ounces** **Vegetarian, Gluten Free**

Ingredients

- 1 very high calorie chocolate boost
- 2 tbs peanut butter
- 12 oz chocolate milk
- ½ cup yogurt
- ½ cup chocolate pudding

Instructions

- Measure all ingredients, then place them in a blender
- Optional: add ice for extra texture and hydration
- Serve and enjoy!
- Leftovers can be frozen and thawed in the fridge for later consumption



Image Credit: Green Smoothie Gourmet

BANANA BREAD

Kathy Del Sesto, Healing Harvest Volunteer, says “I use brown sugar for a more robust flavor. I also add in walnuts or pecans, which my husband loves!”

70 minutes 1 loaf Vegetarian

Ingredients

- ⅓ cup sugar (brown or white)
- 1 stick butter (or sustitute with ¼ stick butter + ¼ cup plain yogurt)
- 2 large eggs, beaten
- ½ tsp vanilla extract
- 1 cup flour
- 1 cup quick cooking oats
- 1 tsp baking soda
- 1 tsp ground cinnamon
- 1 ½ cups mashed bananas
- ¼ cup milk

Instructions

- Preheat oven to 350° F degrees
- Grease a 9 x 5 loaf pan
- Cream together sugar and butter
- Add eggs and vanilla and beat until fluffy
- Sift together flour, oats, baking soda, salt and cinnamon
- Add bananas and milk to wet ingredients and mix until blended
- Add dry ingredients and mix until blended
- Bake for 50-60 minutes



Image Credit: The Kitchn

SWEET POTATO HASH

Tara Mitchell, Healing Harvest volunteer, says: “This recipe is a longtime favorite in our house. It is delicious for breakfast, lunch or supper. The seasonings can all be adjusted according to one's preferences. The fried egg really seals the deal!”



Image credit: Detoxinista

40 minutes **4 servings** **Gluten Free**

Ingredients

- 2 tbsp oil or butter
- 1 sweet potato, chopped into bite-size pieces
- 1 large onion, diced
- Chili powder, to taste
- Cumin, to taste
- Coriander, to taste
- 1 cup grated cheddar cheese
- 4 eggs
- Optional: Salsa for topping

Instructions

- Add 2 tbs of butter or oil to skillet
- Add sweet potato, onion, and seasonings and cook for 12 minutes
- Once potatoes are soft, transfer hash to a plate and top with shredded cheese
- Cook the eggs your favorite way, add to hash, and serve!

SPINACH DIP

Julia Boger-Hawkins, Healing Harvest Program Manager, says: “Dips are not just for parties! You can make a batch and enjoy it with veggies and crackers for a quick and easy lunch throughout the week. You can also get creative and use this dip for a sandwich spread!”

30 Minutes 8 servings Vegetarian, Gluten Free

Ingredients

- ½ cup sour cream (can substitute with ½ cup plain Greek yogurt)
- 8 ounces softened cream cheese
- 10 ounces spinach (thawed, rinsed, and drained if frozen)
- 1 cup shredded cheese
- ½ onion, minced
- 3 cloves of garlic, minced
- Salt and pepper to taste

Instructions

- Preheat oven to 350° F
- Spray an 8 x 8 baking dish with cooking spray
- In a large bowl, mix together sour cream and cream cheese
- Add spinach, cheese, onion, garlic, salt, and pepper
- Mix until combined
- Spread evenly in baking dish
- Bake for 10 minutes or until cheese is melted



Image Credit: Home With Gabby


Image Credit: Table for Two Blog

TOMATO AND EGG STIR FRY

Rena Shi, Healing Harvest Undergraduate Fellow, says: “This homestyle Chinese recipe can be whipped up in no time using pantry staples. It is perfect served over a warm bed of rice with a side of veggies!”

20 minutes **2 servings** **Vegetarian, Gluten Free**

Ingredients

- 4 small or medium tomatoes, cut into wedges
- 4 eggs, beaten
- ¾ tsp salt
- ¼ tsp pepper (white or black)
- 3 tbsp vegetable oil
- 2 tsp sugar (optional)
- ½ tsp sesame oil (optional)
- 1 scallion, finely chopped

Instructions

- Heat 2 tbsp of oil in skillet
- Scramble eggs and set aside
- Heat 1 tbsp of oil to skillet and add tomatoes and scallions, stirring occasionally for 1 minute
- Add 2 tsp sugar (if desired)
- Cover and let simmer until tomatoes are softened.
- Mix eggs back in and simmer until sauce is thickened to your liking
- Garnish with scallion or sesame oil

BROCCOLI CHEDDAR MAC & CHEESE

Jessica Martini, RD, says “This is a favorite way to include vegetables in my house. Broccoli can be substituted for frozen bell peppers, cauliflower, or spinach. It adds antioxidants and fiber to comfort food!”

25 minutes 3 servings Vegetarian

Ingredients

- 1 box of mac and cheese, cooked according to instructions on the box
- ¼ cup milk
- 2 tablespoons of butter or sour cream
- 8 ounce block of cheddar cheese
- 1 bag of frozen broccoli, or 2 heads of fresh broccoli



Image Credit: On My Kids Plate

Directions

- Cook pasta according to directions
- Meanwhile, in a saucepan, mix together cheese sauce packet, milk, and butter or sour cream over low heat
- Shred half or whole block of cheddar cheese, depending on your cheesiness preference
- Melt the shredded cheese into the cheese sauce on the stove
- While sauce warms, chop up broccoli, either by hand or with a few pulses in a food processer or blender. You can go for a sand-like texture, or leave larger pieces depending on your preference.
- Stir broccoli into the cheese sauce, then add your cooked macaroni noodles and serve!

PEANUT BUTTER NOODLES

Rena Shi, Healing Harvest Undergraduate Fellow, says “This is a recipe my dad made for me growing up as an adaptation of a classic Chinese noodle dish. It makes for a quick and nutritious lunch or dinner!”



Image Credit: Nora Cooks

20 minutes 1 serving Vegetarian

Ingredients

- 6 oz spaghetti or noodle of choice
- 1 ½ tbsp peanut butter
- 2 tsp soy sauce
- 1 garlic clove, minced
- Sesame oil (optional)
- Green onion (optional)
- Protein of choice
  - Tofu
  - Chicken
  - Ground meat
  - Peanuts
- Vegetables of choice
  - Snap peas
  - Bell peppers
  - Shredded carrots
  - Finely chopped cabbage

Instructions

- Cook the noodles according to instructions and strain
- Meanwhile, mix peanut butter, minced garlic, and soy sauce in a bowl
- Add sauce to noodles
- Top with sesame oil and green onion (optional)
- To make a complete meal, add in protein and vegetables of choice!

COWBOY CAVIAR

Micaela Moravek, Healing Harvest Dietetic Intern, says: “Cowboy caviar is loaded with protein, fiber, vitamins, and minerals! This recipe is great because the ingredients are cheap. It's also fast to prepare. I love pairing cowboy caviar with tortilla chips, adding it to salads, or putting it on top of burritos!”

20 minutes 12 servings Vegetarian, Gluten Free

Ingredients

- 3 tomatoes, seeds removed, diced
- 2 avocados, diced
- ⅓ cup red onion, diced
- 15 ounces canned black beans, rinsed and drained
- 15 ounces canned black eyed peas, rinsed and drained
- 1 ½ cups frozen corn kernels, thawed
- 1 bell pepper, diced
- 1 jalapeño, seeds removed, finely diced
- ⅓ cup chopped fresh cilantro
- ⅓ cup olive oil
- 2 tablespoons fresh lime juice
- 2 tablespoons red wine vinegar
- 1 teaspoon granulated sugar
- ½ teaspoon salt
- ½ teaspoon black pepper
- ¼ teaspoon garlic powder

Instructions

- In a large bowl, stir together tomatoes, avocado, onion, black beans, black eyed peas, corn, pepper, jalapeno pepper, and cilantro.
- In a separate bowl, whisk together olive oil, lime juice, red wine vinegar, sugar, salt, pepper, and garlic powder
- Pour dressing over other ingredients and stir/toss very well
- Keep refrigerated and serve with tortilla chips!

Image Credit: Cookie and Kate



PERSONALIZED PIZZA



Image Credit: Cookie and Kate

Julia Boger-Hawkins, Healing Harvest Program Manager, says “Pizza is the perfect way to use up odds and ends from the fridge. If we all want different toppings, I just make multiple personal size pizzas instead of one big one!”

20 minutes 4-6 servings

Ingredients

- Pizza crust
- Can of tomato sauce
- Mozzarella cheese
- Other toppings of your choice:
  - Onions
  - Spinach
  - Garlic
  - Pepperoni
  - Chicken
  - Sausage
  - Fresh herbs
  - Mushrooms
  - Olives
  - Peppers
  - Parmesan

Instructions

- Turn oven to 500° F, or as high as it will go
- On a floured surface, stretch out pizza dough to a 16 inch round
- Sprinkle flour or cornmeal generously on a cookie sheet
- Place dough on cookie sheet
- Add sauce to dough
- Add toppings to sauce
- Bake pizza for 6-9 minutes, or until golden brown



Image Credit: Garlic All Day

CHINESE CHICKEN CURRY

Lixi Kong, Director of Quality and Patient Safety, says: “This is a go-to recipe from my authentic Chinese kitchen. I love to make this when I have guests or need a hearty meal!”

30 minutes Serves 4 Gluten Free

Ingredients

- 1 lb boneless chicken breasts or thighs
- 1 onion
- 3 potatoes
- 3 carrots
- 2 tbs cooking wine or vinegar
- 3 tbs soy sauce
- Curry powder
- Pinch of salt
- Pinch of sugar

Instructions

- Cut chicken, carrots, onion, and potatoes into bite-size chunks
- Marinate chicken in cooking wine and soy sauce for at least 20 minutes
- In a large pan, fry onions until browned
- Add pinch of salt and sugar
- Add chicken to pan and stir fry until 165° in the center

EASY GREEN PASTA

Filomena Kersey, Pediatric Oncology Dietician, says: “This easy pasta recipe works with fresh or frozen spinach. For protein, try adding cannellini beans, chicken, or shrimp!”

45 minutes Serves 4 Vegetarian

Ingredients

- 1 stick of butter (can reduce to ½ stick of butter)
- 1 head of garlic (halved lengthwise)
- 1 pound spaghetti
- 5 ounces spinach, fresh or frozen
- Salt
- Red and/or black pepper
- Parmesan, to finish

Image Credit: Smitten Kitchen



Instructions

- Preheat oven to 375° F
- Place butter and ¼ teaspoon salt in a small oven-safe dish
- Place dish in oven to melt butter
- Place the garlic cut side down in the melted butter, then cover with foil
- Bake garlic for 35 minutes
- In the meantime, cook spaghetti per directions on box
- Before straining spaghetti, ladle out 1 cup of pasta water
- Strain spaghetti
- Remove garlic from oven and use a knife or a toothpick to pop out the softened cloves
- In a blender, blitz together garlic, butter from the garlic pan, spinach, and pasta water (as needed) until smooth
- In a wide, shallow pan, use tongs to toss together pasta and sauce
- Serve!

Thank you to everybody who made this project possible!

This cookbook was produced by Rena Shi, 2025-2026 Healing Harvest Undergraduate Fellow. Editing by Julia Boger-Hawkins, Healing Harvest Program Manager.

All recipes were approved by Oncology Dieticians Elise Cushman and Filomena Kersey.

This cookbook is not a substitute for medical advice. Unsure about what to eat during treatment? Please seek the help of a licensed medical professional!

Questions? Reach us via email at HealingHarvest@hitchcock.org.

To find a Registered Oncology Dietician, scan the QR code or visit **https://cancer.dartmouth.edu/patients-families/oncology-nutrition-services**

To place a Healing Harvest order, scan the QR code or visit **toasttab.com/healingharvest**



