

# Healthy Recipes

for patients receiving chemotherapy

The importance of diet cannot be overestimated when it comes to chemotherapy. The following recipes have been provided to ensure that you are eating healthy, delicious meals during your treatment.

The information contained in this brochure is intended for educational purposes only and is not a substitute for medical advice. All decisions regarding patient care must be made with a healthcare professional, considering the unique characteristics of the patient.

**These recipes have been adapted from:**

- American Institute for Cancer Research  
[preventcancer.aicr.org](http://preventcancer.aicr.org)
- The Mayo Clinic  
<http://www.mayoclinic.org/healthy-lifestyle/recipes/bananaoatmeal-hot-cakes-with-spiced-maple-syrup/rcp-20049604>
- The Cancer Project  
[www.cancerproject.org](http://www.cancerproject.org)

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# Recipes

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# Common cooking abbreviations and conversions

**Carbohydrates** (carbs)

**Cup** = 8 ounces

**Degree** (°)

**Dozen** (doz) = quantity of 12

**Fahrenheit** (F)

**Gallon** (gal) = 16 cups or  
128 ounces of liquid

**Gram** (g)

**Pound** (lb) = 16 ounces

**Ounce** (oz)

**Pint** (pt) = 2 cups or 16 ounces of liquid

**Quart** (qt) = 4 cups or 32 ounces of liquid

**Teaspoon** (tsp)

**Tablespoon** (Tbsp)

# When you're feeling nauseous...

## What is nausea?

Nausea is a feeling of queasiness in the stomach that may be followed by the urge to vomit. Taking steps to prevent nausea can help preserve your appetite, allowing you to get the nutrients you need to maintain a healthy body.

Medical professionals can give medicines that help prevent chemotherapy-induced nausea and vomiting (CINV).

# Food-related tips for when you're feeling nauseous

- Do not allow yourself to become excessively hungry. This can make your nausea worse
- Eat small amounts, but eat more often in order to get the proper nourishment
- Try to eat foods that are easy on the stomach

# Eating tips to help you manage CINV

## Foods that may be well tolerated during nausea

- Saltine crackers or dry toast
- Clear liquids or ice chips
- Carbonated drinks
- Broth-based soups
- Rice, pasta, or potatoes (boiled or baked)
- Warm cereal, such as Cream of Wheat™ or oatmeal
- Baked or broiled skinless chicken
- Cottage cheese
- Yogurt or sherbet
- Smoothies
- Gelatin
- Popsicle®
- Angel food cake
- Fruits and vegetables

# Eating tips to help you manage CINV (cont)

## Foods to avoid when you're feeling nauseous

- Extremely hot or cold foods
- Foods with strong odors
- Foods that are greasy, fried, or high in fat content
- Spicy food
- Very sweet or rich foods, such as candy, cookies, cakes, and desserts

# Eating tips to help you manage CINV (cont)

## Nutrition concerns during chemotherapy

While a healthy diet is very important for someone undergoing chemotherapy, eating the same types and the same amounts of foods you enjoyed before diagnosis of your cancer may sometimes be difficult. You may feel anxious about eating enough of certain foods. Or you may become concerned about eating the “wrong” foods and eat very little at all. These reactions are normal.

During chemotherapy, you can continue to enjoy most foods. If you are worried about your diet and healthy nutrition during chemotherapy, or have questions, be sure to speak to your healthcare providers—they can provide guidance on proper nutrition during treatment since certain chemotherapy regimens do place restrictions on some foods.

# Eating tips to help you manage CINV (cont)

## Plan ahead for proper nutrition

Sometimes cancer or chemotherapy can affect your appetite. Though you might not feel like eating, it's important to do what you can to maintain your calorie, protein, and fluid intake during chemotherapy. Here are some tips for eating while on treatment:

- Cook in advance and freeze foods in meal-sized portions
- Stock your refrigerator and pantry with prepared or easy-to-prepare foods for days when you do not feel like cooking; include foods you know you can eat even when you are not feeling well
- Talk to friends and family members about ways they can help you with shopping and cooking

It is important to remember to always speak with your doctor or nurse about any changes in your eating patterns and any problems you may have with appetite, eating, or digestion.

# Applesauce muffins

**Servings:** 10

**Nutrition per serving:** 178 calories, 2.2 g fat, 0.3 g sat. fat, 4.8 g protein, 37.7 g carbs, 4.5 g fiber

## Ingredients

- 2½ cups whole wheat pastry flour
- ¼ cup sugar (preferably raw or turbinado)
- 1 tsp cinnamon
- ¼ tsp nutmeg
- ½ tsp baking soda
- ¼ tsp salt
- 1 cup unsweetened applesauce
- ½ cup soy or other nondairy milk
- 1 Tbsp vegetable oil
- 1 Tbsp molasses (not blackstrap)
- 1 Tbsp vinegar (eg, apple cider vinegar)
- ½ cup raisins
- Vegetable oil spray

# Applesauce muffins

## Cooking directions

Preheat oven to 375° F. Stir together flour, sugar, cinnamon, nutmeg, baking soda, and salt in a bowl. In a larger bowl, combine applesauce, nondairy milk, oil, molasses, and vinegar. Mix thoroughly. Add flour mixture and stir just to mix. Stir in raisins. Spoon into muffin cups lightly sprayed with vegetable oil, filling each  $\frac{3}{4}$  full. Bake for 15 to 20 minutes until a toothpick inserted into the center of a muffin comes out clean.

To keep muffins fresh, wait until they have cooled to room temperature then store in an airtight container for up to 3 days in the refrigerator. If longer storage is needed, place in the freezer for up to 1 month. Defrost at room temperature or use a microwave. Enjoy!

# Banana bread

**Servings:** 16

**Nutrition per serving:** 109 calories, 2.2 g total fat, 17.1% calories from fat, 0 mg cholesterol, 20.4 g carbs, 2.8 g fiber, 343 mg sodium

## Ingredients

- 2 bananas (or 1 cup)
- ¼ cup maple syrup
- 1¼ cup soy or almond milk
- 2 tsp vanilla extract
- 2¼ cups whole wheat flour
- 1 Tbsp baking powder
- 1 tsp baking soda
- ⅓ cup walnuts, chopped
- Non-stick cooking spray

# Banana bread

## Cooking directions

Preheat oven to 350° F. Mist an 8-inch square glass baking pan with non-stick cooking spray and set aside. Combine bananas, syrup, oil, milk, and vanilla in a large bowl and mix well.

Place remaining ingredients, except walnuts, in a separate large bowl and stir together. Gradually stir dry ingredients into wet ingredients, sprinkling in about  $\frac{1}{3}$  at a time. Mix until well combined. Batter will be very thick. Stir in walnuts.

Spoon batter into prepared baking pan. Bake on center rack of oven for 30 to 35 minutes or until a toothpick inserted in the center comes out clean.

Cool in the pan on a cooling rack. Serve warm. Enjoy!

# Banana-oatmeal hot cakes

**Servings:** 6

**Nutrition per serving:** 271 calories, 6 g fat, 49 g carbs, 6 g protein, 3 g fiber

## Ingredients

- ½ cup maple syrup
- ½ cinnamon stick
- 3 whole cloves
- ½ cup old-fashioned rolled oats
- 1 cup water
- 2 Tbsp firmly packed light brown sugar
- 2 Tbsp canola oil
- ½ cup whole wheat flour
- ½ cup all-purpose flour
- 1½ tsp baking powder
- ¼ tsp baking soda
- ¼ tsp salt
- ¼ tsp ground cinnamon
- ½ cup 1% low-fat milk
- ¼ cup fat-free plain yogurt
- 1 banana, peeled and mashed
- 1 egg, lightly beaten

# Banana-oatmeal hot cakes

## Cooking directions

Combine the maple syrup, cinnamon stick, and cloves in a small saucepan. Bring to a boil over medium heat. Remove from heat and let stand for 15 minutes. Using a spoon, remove the cinnamon stick and cloves. Set the syrup aside and keep warm.

Combine the oats and water in a large microwave-safe bowl. Microwave on high for about 3 minutes until the oats are creamy and tender. Stir in brown sugar and canola oil. Set aside to cool slightly. In a separate bowl, combine the flour, baking powder, baking soda, salt, and ground cinnamon. Whisk to blend. Add milk, yogurt, and banana to the oats and stir until well blended. Beat in the egg. Add the flour mixture to the oat mixture and stir until moistened.

Place a nonstick frying pan or griddle on the stove over a medium heat.

When a drop of water sizzles as it hits the pan, pour  $\frac{1}{4}$  cup pancake batter into the pan.

Cook for about 2 minutes until the top of the pancake is covered with bubbles and the edges are lightly browned. Turn and cook 1-2 minutes longer until the bottom is well browned and the pancake is cooked through.

# Multigrain pancakes with strawberry sauce

**Servings:** 4

**Nutrition per serving:** 364 calories, 6 g fat, 1 g sat. fat, 8 g protein, 68 g carbs, 6 g fiber, 473 mg sodium

## Ingredients

- Canola oil spray
- ½ cup all-purpose white flour
- ¼ cup whole wheat pastry flour
- ¼ cup finely ground corn meal
- 1 Tbsp sugar
- 1 tsp baking powder
- ¼ tsp baking soda
- ¼ tsp salt
- 1 large egg
- 1½ cups nonfat buttermilk
- 1 Tbsp canola oil
- 1¼ cups all-fruit strawberry preserves
- ¼ cup apple juice
- 1½ cups sliced strawberries

# Multigrain pancakes with strawberry sauce

## Cooking directions

Coat the frying pan or griddle with canola oil spray. Whisk the flours and cornmeal together. Add the sugar, baking powder, baking soda, and salt.

In another bowl, lightly beat the egg. Add buttermilk and canola oil. Combine the liquid and dry ingredients. Whisk to blend. Heat the frying pan or griddle over medium-high heat. When a drop of water sizzles as it hits the pan, pour  $\frac{1}{4}$  cup pancake batter into the pan.

Working in batches, pour  $\frac{1}{4}$  cup of batter onto the hot griddle ( $\frac{1}{4}$  cup of batter equals 1 pancake). When bubbles form on top, flip the pancakes over. Cook until they are golden on both sides, using more cooking spray for additional batches, if necessary.

While the pancakes are cooking, place the strawberry preserves and apple juice in a saucepan on low heat. Add the sliced strawberries, stir, and heat for 1 minute. Keep the strawberry sauce warm while finishing the pancakes.

Place the finished pancakes on a serving platter or plate. Spoon the warm strawberry sauce over the top. Top with fresh strawberries. Enjoy!

# Butternut squash, tomato, and watercress soup

**Servings:** 6

**Nutrition per serving:** 111 calories, 5 g fat, 1 g sat. fat, 16 g carbs, 3 g protein, 3 g dietary fiber, 167 mg sodium

## Ingredients

- 2 Tbsp olive oil
- 2 large tomatoes, seeded and chopped
- 1 small onion, chopped
- 1 small garlic clove, sliced
- 2 small carrots, chopped
- 1 cup peeled and chopped butternut squash
- 1 medium potato, peeled and chopped
- 1 bunch watercress, including stems
- 2 cups fat-free, reduced-sodium chicken broth
- 4 cups water
- Salt and freshly ground black pepper
- $\frac{2}{3}$  cup frozen corn kernels, thawed and coarsely chopped, for garnish

# Butternut squash, tomato, and watercress soup

## Cooking directions

In a large saucepan, heat the olive oil over medium-high heat. Sauté the tomatoes, onion, and garlic for about 12 minutes, stirring occasionally, until the onions are translucent.

Add the carrots, squash, potato, watercress, and chicken broth. Bring to a boil, reduce heat to low, and simmer, uncovered, for 30 minutes. Add the water and return the mixture to a boil. Reduce heat and simmer, uncovered, for about 10 minutes, until the vegetables are very soft. Remove the saucepan from the heat and let the soup sit for 15 minutes to cool slightly.

In a blender or food processor, purée the soup in batches and return to the saucepan. Season to taste with salt and pepper. Reheat soup. Ladle the soup into bowls and garnish with the corn kernels. (The boiling hot soup heats the corn, eliminating the need to cook it separately before adding.) Enjoy!

# Hearty vegetable and brown rice soup

**Servings:** 5

**Nutrition per serving:** 73 calories, 11 g carbs, 5 g protein, 1 g fat, <1 g sat. fat, 2 g fiber, 481 mg sodium

## Ingredients

- 2 cans (15 oz each) fat-free, reduced-sodium chicken broth
- ½ cup instant brown rice
- 1 cup chopped broccoli florets
- 1 cup chopped cauliflower florets
- 1 carrot, thinly sliced
- 2 tsp dried basil
- 1 tsp dried oregano
- 1 tsp ground dried cumin
- Salt and freshly ground pepper, to taste
- ¼ cup grated cheese (Romano or Parmesan)

# Hearty vegetable and brown rice soup

## Cooking directions

In a large saucepan, bring chicken broth to boil. Stir in brown rice. Cover and cook for 5 minutes over low heat. Add vegetables and oregano. Simmer for about 5 minutes until the vegetables are tender. Add basil, cumin, salt, and pepper.

Sprinkle grated cheese over soup and serve. Enjoy!

# Mashed grains and cauliflower

**Servings:** 8

**Nutrition per serving:** 207 calories, 2.3 g fat, <1 g sat. fat, 6.6 g protein, 40.3 g carbs, 5.8 g fiber, 192 mg sodium

## Ingredients

- 1 cup chopped onion
- ¼ cup vegetable broth or water
- 2 cups dry millet, quinoa, couscous, or grain of your choice
- 4 cups chopped cauliflower (about 2 heads)
- ½ tsp sea salt
- Water for cooking 2 cups of selected grain

# Mashed grains and cauliflower

## Cooking directions

Heat 2 Tbsp of the broth in a large saucepan. Add the onion and cook and stir for 3 minutes, adding more broth as needed to prevent sticking. Add the grain and cook and stir for 5 minutes. Add the cauliflower, salt, and broth. Cover and cook for about 25 minutes until the grain has absorbed all of the water. (Time and amount of water may vary based on type of grain.) When the grain is done, mash the mixture with a potato masher. Add up to 2 cups of additional water or broth, if necessary, to obtain a smooth consistency.

Store leftover mashed grains and cauliflower in a covered container in the refrigerator; it will keep for up to 3 days. Enjoy!

# Brussels sprouts with pecans and dried cranberries

**Servings:** 4

**Nutrition per serving:** 102 calories, 6 g fat, >1 g sat. fat, 11 g carbs, 2 g protein, 2 g dietary fiber, 13 mg sodium

## Ingredients

- 1 bag (16 oz) frozen petit baby Brussels sprouts
- 1 Tbsp extra virgin olive oil
- 2 tsp balsamic vinegar
- 2 Tbsp finely chopped, lightly toasted pecans
- ¼ cup dried cranberries
- Salt and freshly ground black pepper, to taste

# Brussels sprouts with pecans and dried cranberries

## Cooking directions

Cook Brussels sprouts according to package directions.

Meanwhile, in a small bowl, stir together oil, vinegar, pecans, and cranberries. Transfer cooked sprouts to serving dish. Gently toss with dressing. Season with salt and pepper and serve immediately. Enjoy!

# Lasagna

**Servings:** 8

**Nutrition per serving:** 334 calories, 4.6 g fat, 0.7 g sat. fat, 18.4 g protein, 62.8 g carbs, 10.3 g sugar, 11 g fiber

## Ingredients

- One 16-oz bag chopped frozen spinach, thawed, or 3 lbs fresh spinach, rinsed and chopped
- 1 lb firm reduced-fat tofu
- 4 cloves garlic, minced
- 1 tsp salt
- Two 28-oz cans plain tomato sauce
- 1 lb dry whole wheat lasagna noodles
- 10 button mushrooms, sliced, or other favorite vegetable to about 3 cups chopped
- 1 tsp dried basil or 10 fresh basil leaves, thinly sliced
- 1 tsp dried oregano
- ¼ cup dairy-free (vegan) Parmesan cheese substitute or nutritional yeast

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# Lasagna

## Cooking directions

Preheat oven to 325° F. Mix together spinach, tofu, garlic, and salt in a mixing bowl. Coat the bottom of a 9" × 13" pan with tomato sauce (about ½ cup), followed by a layer of lasagna noodles, overlapping noodles slightly. Spread half of the spinach and tofu mixture on top of the lasagna noodles, and cover with another layer of lasagna noodles. Add a layer of tomato sauce, enough to cover the noodles, and then add a layer of mushrooms. Sprinkle half of the basil and ½ tsp of oregano evenly over the vegetables.

Continue to add layers of noodles, spinach and tofu, sauce, mushrooms, and remaining basil and oregano (½ tsp) until the layers reach the top of the pan. The final layer should be topped with sauce and vegan Parmesan cheese substitute or nutritional yeast. Cover tightly with aluminum foil and bake for 1 hour. Make sure the noodles are completely cooked by sticking a knife through the center of the lasagna to test. Let stand for 15 to 20 minutes before serving.

Let leftover lasagna cool to room temperature before covering and refrigerating. Lasagna will keep for up to 3 days in the refrigerator. Enjoy!

# Pumpkin mac and cheese

**Servings:** 6

**Nutrition per serving:** 289 calories, 9 g fat, 4 g sat. fat, 37 g carbs, 17 g protein, 4 g dietary fiber, 307 mg sodium

## Ingredients

- Canola oil cooking spray
- ½ cup panko bread crumbs
- ⅓ cup grated Parmesan cheese, divided
- 1 Tbsp canola oil
- 8 oz whole wheat rotelle pasta
- 1 cup low-fat (1%) milk
- 1 Tbsp unsalted butter
- 1 Tbsp all-purpose flour
- 1½ cups (2½ oz) sharp light (50% fat) Cheddar cheese
- 1 cup canned unsweetened pumpkin
- ½ tsp mustard powder
- ¼ tsp ground black pepper
- Pinch of cayenne pepper
- ⅛ tsp ground nutmeg, optional

# Pumpkin mac and cheese

## Cooking directions

Preheat oven to 375° F. Coat 6-cup baking dish with cooking spray and set aside.

To bread crumbs, add 2 Tbsp Parmesan cheese and toss to combine. Add oil, and using your fingers, toss to coat bread crumbs then set mixture aside.

In large pot, boil 4 quarts of water. Add pasta and cook for 10 minutes, until slightly al dente. Drain in colander, and set aside.

While pasta cooks, in microwave or small saucepan, heat milk until it steams, and set aside.

In large saucepan, melt butter over medium heat. Whisk in flour and cook for 1 minute, whisking slowly. Off heat, gradually add milk while whisking to avoid lumps. Return pot to burner and simmer sauce until it thickens to the consistency of stirred yogurt—about 3 minutes. Add Cheddar cheese, remaining Parmesan cheese, pumpkin, mustard, black and cayenne peppers, and nutmeg (if desired), and stir until Cheddar melts. Mix in cooked pasta. Spread mac and cheese in prepared baking dish. Sprinkle seasoned bread crumbs over top.

Bake 15-20 minutes or until bread crumbs are crisp and golden brown. Serve immediately. Enjoy!

# Easy spinach pie

**Servings:** 6

**Nutrition per serving:** 75 calories, 2 g total fat, < 1 g sat. fat, 10 g carbs, 7 g protein, 4 g dietary fiber, 205 mg sodium

## Ingredients

- Canola cooking oil spray
- 3 packages (10 oz each) frozen spinach
- 1 tsp extra virgin olive oil
- Whites of 2 large eggs at room temperature
- ¼ cup (1 oz) crumbled reduced-fat feta cheese
- ¼ cup all-purpose flour
- ¾ tsp salt, or to taste
- ¼ tsp freshly ground black pepper
- ¼ cup reduced-sodium, fat-free chicken broth
- ¼ cup chopped dill (4 tsp crumbled dried), or to taste

# Easy spinach pie

## Cooking directions

Preheat oven to 400° F. Coat an 8-inch spring-form pan with spray. Set aside.

Cook spinach according to package directions. When cool enough to handle, squeeze spinach to remove most of the water. Coarsely chop spinach. Transfer spinach to a bowl and toss with olive oil.

In medium bowl, whisk egg whites until foamy. Mix in feta cheese, flour, salt, and pepper to make a sticky dough. Stir in chicken broth and dill. Add spinach and mix well to combine. Spread mixture in prepared pan into an even layer.

Bake 15 minutes, until set. Cool in pan. Serve warm or at room temperature. If desired, pie can be stored up to 24 hours by covering with foil or plastic wrap and refrigerating. Bring to room temperature before serving, or reheat in oven or microwave. Enjoy!

# Penne with kale, tomatoes, and olives

**Servings:** 4

**Nutrition per serving:** 281 calories, 3.3 g total fat, 0.5 g sat. fat, 57.6 g carbs, 12 g protein, 8.7 g dietary fiber, 497 mg sodium

## Ingredients

- 1 medium onion, chopped
- ¼ cup vegetable broth or water
- 1 bunch kale, cut or torn into approximately one-inch pieces (about 5 cups chopped)
- 2 14.5-oz cans of chopped tomatoes, preferably fire-roasted, undrained, or 3 cups freshly chopped tomatoes plus ½ cup water or vegetable broth
- ½ cup pitted and sliced Kalamata olives
- 1 Tbsp chopped fresh parsley
- 8 oz dry whole wheat penne pasta
- ¼ cup dairy-free (vegan) Parmesan cheese substitute or nutritional yeast (optional)

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# Penne with kale, tomatoes, and olives

## Cooking directions

Sauté onion with vegetable broth or water over medium heat for 3 minutes. Add kale and tomatoes and their liquid. Bring to a boil then reduce heat, cover, and simmer for 20 minutes. Add olives and parsley. Cook for an additional 5 minutes.

Meanwhile, cook pasta according to package directions. Drain and transfer pasta to a serving bowl. Add kale mixture and toss gently. Serve immediately. Sprinkle vegan Parmesan cheese substitute or nutritional yeast over top, if desired.

Store in a covered container in the refrigerator; leftover penne with kale, tomatoes, and olives will keep for up to 3 days. Enjoy!

# Veggie pita pizzas

**Servings:** 4

**Nutrition per serving:** 186 calories, 6 g fat, 3 g sat. fat, 26 g carbs, 10 g protein, 3 g dietary fiber, 755 mg sodium

## Ingredients

- 4 whole wheat pita bread rounds
- 1 cup prepared pasta sauce (with vegetables)
- ½ red bell pepper, finely diced
- 1 small yellow summer squash, finely diced
- 1 small zucchini, finely diced
- 1 small yellow summer squash, finely diced
- 2½ – 3-oz jar or can of sliced mushrooms, drained
- 1 tsp dried oregano
- 1 tsp dried basil
- ½ cup shredded part-skim mozzarella cheese
- 8 tsp grated Parmesan cheese

# Veggie pita pizzas

## Cooking directions

Preheat oven to 400° F. On oven rack or in toaster oven, toast pita bread for 1 minute. Remove and allow to cool.

Spread ¼ cup pasta sauce on each pita round. In medium bowl, combine red pepper, zucchini, yellow squash, and mushrooms. Spoon evenly onto pita rounds. Sprinkle ¼ tsp oregano and basil on each round. Divide mozzarella among pitas.

Top each pita with 2 tsp of Parmesan cheese. Broil, watching carefully, until cheese is melted and bubbly and pita is hot. Serve immediately. Enjoy!

# Strawberry-melon smoothie

**Servings:** 4

**Nutrition per serving:** 93 calories, <1 g fat, 0 g sat. fat, 21 g carbs, 4 g protein, 2 g dietary fiber, 40 mg sodium

## Ingredients

- 1 cup orange juice
- 1 cup cantaloupe
- 1 carton (8 oz) nonfat plain yogurt
- 1 bag (10 oz) frozen, unsweetened strawberries

# Strawberry-melon smoothie

## Cooking directions

In blender, puree orange juice with cantaloupe. Add remaining ingredients and blend until smooth.

Serve immediately. Enjoy!

# Peppers stuffed with turkey and wild rice

**Servings:** 4

**Nutrition per serving:** 329 calories, 14 g fat, 3 g sat. fat, 28 g carbs, 26 g protein, 6 g dietary fiber, 146 mg sodium

## Ingredients

- 1 Tbsp olive oil
- ½ medium onion, chopped
- 1 cup coarsely chopped mushrooms, any kind
- 1 lb ground turkey
- 2 cups of baby spinach leaves, chopped
- 1 cup diced tomatoes
- 2 cloves garlic, minced, or 1 tsp garlic powder
- 1 tsp paprika
- 1 tsp oregano
- Salt and pepper to taste
- ¾ cup chopped carrots, steamed and cut into ½-inch chunks
- 1½ cups cooked wild rice
- 4 large green or red bell peppers (or any combination), tops removed\* and seeded

\*Save tops to cover peppers during baking for a moister filling.

# Peppers stuffed with turkey and wild rice

## Cooking directions

Preheat oven to 350 degrees.

Heat oil in a large skillet over medium-high heat. Sauté onion and mushrooms until onions are translucent. Add turkey, spinach, tomatoes, garlic and seasonings and cook until turkey is cooked through, about 5-6 minutes.

Place turkey mixture in large mixing bowl and add carrots and wild rice. Combine well. Using spoon, lightly pack mixture into peppers.

Place peppers in 9-inch square oven dish, add ¼ cup water to bottom of pan, and bake about 45-50 minutes or until peppers are just tender. Enjoy!

# Notes

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