



Healing & Easy Eats

*Recipes for Head and Neck Cancer
Patients & Survivors*



HEAD AND NECK CANCER
ALLIANCE

Official Cookbook
Second Edition

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PORK

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Arista alla Toscana

(Tuscan Style Pork Roast)

3 tsp chopped fresh rosemary
3 large cloves garlic, minced
1 tsp salt & pepper mix
2 lb boneless center cut pork loin
roast
2 tbsp olive oil
5 large carrots cut into large
chunks
5 baking potatoes, wedged
4 stalks celery cut into large
chunks
3 sweet onions, wedged

Yield: 8 servings

1. Mix together the rosemary, garlic, salt and pepper.
2. Make deep cuts into the pork roast, stuff the incisions with the garlic mixture and spread any remaining mixture over the entire surface of the meat.
3. Heat olive oil in a non-stick stock pot over medium heat. Add roast and brown on all sides.
4. Place the roast on a baking pan (pan shouldn't be too big otherwise the juices will dry out before you can use them) and put in the oven. Cook at 350°F for one hour. Check the roast periodically and baste with the pan juices, rolling the roast around from time to time.
5. After one hour of roasting, take 1 cup drippings from the roasting pan and put in a non-stick stock pot. Add carrots, potatoes, celery and onions. Over medium heat sauté veggies for 15 minutes.
6. Returned sautéed veggies to the roasting pan placing them around the roast and continue roasting for 30 minutes. The roast is done when the internal temperature reaches 155°F in the thickest part of the roast.
7. Remove the roast from the pan and place on the cutting board, cover with aluminum foil and let stand for 10 minutes.
8. Slice the meat and serve with the vegetables and pan juices.

German Pork

1 lb dried fruit (prunes, apricots,
apples, pears)

6 thick pork chops

4 tbsp butter

Yield: 6 servings

1. Soak the fruit in water or cold tea for a couple of hours or overnight. Using tea will make a darker, richer juice.
2. Fry pork in butter, turning once to even out color.
3. Add fruit and the soaking liquid. Cover and simmer all together for 30 minutes, or until fruit is soft and pork chops are cooked thoroughly.
4. Serve with potato dumplings.

Green Beans & Pork

2 tbsp soy sauce
2 tbsp chicken stock
2 tbsp dry sherry
1 tsp sesame oil
1 tsp rice vinegar
1 tsp sugar
1/2 tsp salt
1/3 c vegetable oil
1 1/4 lb green beans, trimmed
1/2 lb ground pork
3 cloves garlic, minced
1/2 tsp ginger, fresh, minced
1 scallion, chopped

Yield: 4 servings

1. In a small bowl combine soy sauce, chicken stock, sherry, sesame oil, vinegar, sugar and salt; set aside.
2. In non-stick stock pot, heat vegetable oil until very hot but not smoking. Fry green beans over high heat, turning often until bright green, about 2 minutes.
3. Drain beans on paper towels. Reduce heat to medium. Add pork, garlic, ginger and cook, stirring to break up lumps of meat, about 3 minutes.
4. Add green beans and stir fry 1 minute longer.
5. Stir in reserved sauce and cook until liquid is almost evaporated; about 1 minute.
6. Transfer to a serving dish and sprinkle scallions over top.



Minced Pork with Glass Noodles & Pimiento

- 3 oz glass noodles
- 1 small jar red diced pimentos
- 1 lb minced pork
- 2 cloves garlic, chopped
- 1/2 tsp ground coriander
- 1 tbsp sesame oil
- 1 qt chicken stock
- 2 tsp soy sauce
- 1 tsp fish sauce
- 1 sprig fresh coriander leaves

Yield: 6 servings

1. Soak glass noodles in hot water for 3 minutes and then use scissors to cut them into smaller pieces.
2. Strain diced red pimentos and put aside.
3. In a non-stick stock pot sauté the minced (or coarsely ground) pork, chopped garlic and ground coriander with sesame oil for 10 minutes.
4. Add chicken stock, soy sauce, fish sauce and bring to a boil.
5. Strain the soaked glass noodles and add it to the stock. Simmer for 10 minutes.
6. Ladle into 6 bowls and garnish each with coriander leaves and red diced pimentos.

Oriental Pork

1 lb fresh pork shoulder, boneless,
cut into ¼ inch strips
1/2 c chicken stock
1/2 c orange juice
1 tsp salt & pepper mix
3 tbsp soy sauce
18 oz can water chestnuts,
drained
1 (16 oz) can bean sprouts,
drained
2 c bok choy, sliced thin
1/2 tbsp arrowroot
1 tbsp cold water
2 tbsp green onions, chopped
3 c cooked rice

Yield: 4 servings

1. Mix pork, chicken stock, orange juice, salt, pepper and soy sauce in non-stick stock pot. Cover and cook on medium heat until pork is tender, about 20 minutes, stirring every 3 minutes.
2. Stir in drained water chestnuts, bean sprouts and bok choy. Cook until cabbage is crisp and tender, about 4 minutes.
3. Mix arrowroot with cold water. Pour over meat and vegetables. Stir and bring to boil until sauce thickens.
4. Sprinkle with onions and serve over rice.

Polish Pork

1 tsp salt & pepper mix
2 tbsp vegetable oil
4 pork chops (1 inch thick)
1 tbsp white vinegar
1 tbsp sugar
1/2 c chicken stock
1/2 c sour cream
2 tbsp dill, fresh, chopped

Yield: 4 servings

1. Salt and pepper the pork chops on both sides and fry in vegetable oil until brown.
2. Mix vinegar, sugar and stock, and then pour mixture over pork chops. Bring to boil, simmer gently for 1 hour or until chops are tender.
3. Add sour cream, dill and heat until juices are bubbling.

Pork Chops with Apples

2 tbsp olive oil
2 tbsp soy sauce
1 tbsp honey
2 cloves garlic, crushed
8 pork chops, boneless
2 sweet apples, peeled
quartered & sliced
1 tsp salt & pepper mix

Yield: 8 servings

1. In a large plastic bag combine oil, soy sauce, honey and garlic close tightly and shake vigorously. Add chops. Close the bag and let pork chops marinate for 2 hours in the refrigerator.
2. Remove chops from marinade and sauté covered on low heat with sliced apples until meat is tender.

Pork, Eggplant & Tomato

1 c pork, shredded

1 tbsp soy sauce

3 tbsp olive oil

1 medium sweet onion, sliced

1 medium eggplant, sliced

3 roma or plum tomatoes, diced

1 tsp sugar

Yield: 4 servings

1. Marinate pork in soy sauce for 10 minutes.
2. Heat oil in non-stick stock pot to smoking point. Add pork and onions. Stir fry pork until browned, about 5 minutes.
3. Add eggplant, tomatoes, and sugar. Cover pot. Cook ingredients for 15 minutes, lifting cover and stirring occasionally.

Thai Pork with Basil

1 lb pork tenderloin, trimmed

1 bunch basil, fresh

4 scallions

3 tbsp peanut oil

2 cloves garlic

2 tsp fish sauce

2 tsp soy sauce

1 tsp brown sugar

1/4 c chicken stock

Yield: 4 servings

1. Thinly slice pork across grain.
2. Wash, dry and stem the basil.
3. Mince the white part of the scallion.
4. Cut the green part into 1 inch pieces.
5. Pour oil into non-stick stock pot and heat almost to smoking. Add garlic and white part of scallions and cook for 10 seconds.
6. Add pork and stir fry for 1 minute.
7. Add fish sauce, soy sauce, sugar, stock and green part of scallions and bring mixture to a boil.
8. Stir in basil and cook for 20 seconds or until leaves are wilted and pork is cooked.
9. The dish is supposed to be soupy.. Serve at once with rice or noodles.



Healing and Easy Eats is addressed to anybody who is affected by cancer of the head, neck, tongue, throat or anyone undergoing surgery, chemotherapy, and/or radiation therapy. The time during and after treatment will be hard for you and your family. Based on the experience on the head and neck cancer survivors and patients who have contributed to this collection of recipes, we understand that nutrition is one of the most important parts of your recovery. Your battered body will need high calorie foods, but your ability to eat, drink, and swallow foods will be very limited. Therefore you will need a special menu that will enable you to get the right amount of calories and avoid a huge weight drop during your treatment. The Head and Neck Cancer Alliance wishes you the best of luck on your recovery and that this book can help you along your journey.



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The Head and Neck Cancer Alliance is a nonprofit organization working to increase the early detection of these cancers by partnering with local health facilities to conduct awareness programs and health screenings.

Visit us at www.headandneck.org or email us at info@headandneck.org.