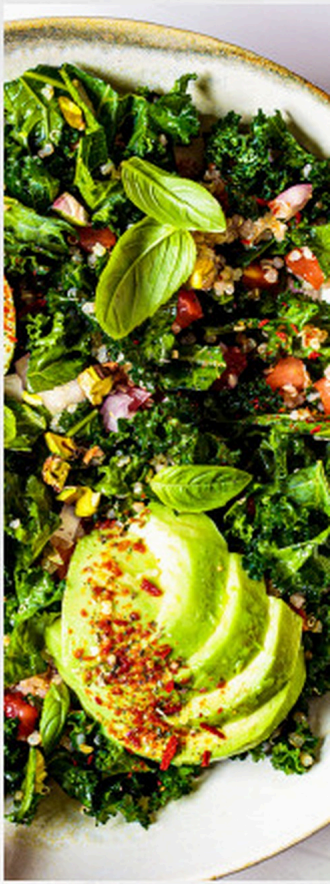
Tee talks MYELOMA

UPDATED EDITION



RECIPES FROM TEE'S TABLE

Simple & Tasty

By Tawilhua “Tee” Mitchell · TeeTalksMyeloma.com

Welcome to My Table

Hi, I'm Tee, and welcome to the updated edition of *Recipes from Tee's Table*. I've refreshed this collection from cover to cover with seven simple, healthy recipes, plus tips for cooking during and after treatment.

As a multiple myeloma survivor, I know eating well matters, and I know it isn't always easy. Some days you're tired, food tastes different, or you just don't feel like cooking. So these recipes use everyday ingredients and easy steps. Several can be made ahead, and all of them can be adjusted to fit your needs.

Cook them for yourself, share them with the people who cook for you, and enjoy.

With love,

Tee

Tawilhua "Tee" Mitchell, Tee Talks Myeloma

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Nourishing Yourself During & After Treatment

- **Keep it clean.** Wash your hands before cooking, rinse fruits and vegetables well, and keep raw meat and fish away from foods you won't cook.
- **Cook it through.** Use a food thermometer: fish to 145°F and chicken to 165°F.
- **Choose pasteurized.** Pick pasteurized milk, yogurt, cheese, juice, and honey.
- **Watch salt and potassium if your kidneys need it.** These recipes use low-sodium broth and no-salt-added canned goods. Beans, tomatoes, avocado, and some fruits are higher in potassium, so ask your care team how much is right for you.
- **Make it easy on yourself.** The oats, bulgur salad, and soup all keep well in the fridge for a few days. Cook once, eat twice.
- **Swap freely.** Use the fruits, vegetables, and proteins you like and can tolerate.

These recipes are for general information and are not medical advice. Your nutrition needs can change during and after treatment. Check with your oncology team or a registered dietitian before changing your diet, especially if you have kidney concerns, a low white blood cell count, or food allergies.

Berry Overnight Oats

Five minutes tonight means breakfast is ready in the morning. A big help on low-energy days.

INGREDIENTS

- 1 cup old-fashioned rolled oats
- 1 cup milk of your choice
- ½ cup plain Greek yogurt
- 1 tablespoon chia seeds
- 1 to 2 teaspoons maple syrup or honey (optional)
- ½ teaspoon vanilla extract
- ¼ teaspoon ground cinnamon
- 1 cup mixed berries, fresh or frozen
- 2 tablespoons chopped walnuts or sliced almonds

2 servings 5 min + overnight

DIRECTIONS

1. In a bowl or two jars, stir together the oats, milk, yogurt, chia seeds, maple syrup (if using), vanilla, and cinnamon until no dry oats remain.
2. Cover and refrigerate for at least 6 hours or overnight.
3. In the morning, give it a stir. If it's thicker than you like, add a splash of milk.
4. Top with the berries and nuts. Eat it cold, or warm it in the microwave for 1 to 2 minutes.

TEE'S TIP Overnight oats keep for up to 3 days covered in the fridge. Add the berries and nuts just before eating so they stay fresh.

Rainbow Bulgur & Black Bean Salad

Hearty enough for lunch and bright enough for a potluck. It tastes even better the next day.

INGREDIENTS

SALAD

- 1 cup medium bulgur
- 2 cups water
- 1 (15-ounce) can no-salt-added black beans, drained and rinsed
- 1 cup cherry tomatoes, halved
- 1 small cucumber, diced
- 2 green onions, thinly sliced
- ½ cup chopped fresh parsley or cilantro
- 1 cup strawberries, hulled and quartered

DRESSING

- 3 tablespoons olive oil
- 3 tablespoons fresh lemon or lime juice
- 1 teaspoon honey or maple syrup
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- Black pepper to taste

6 servings 35 minutes

DIRECTIONS

1. Bring the water to a boil in a medium saucepan. Stir in the bulgur, cover, and lower the heat. Simmer for 12 minutes, until the water is absorbed and the bulgur is tender.
2. Take the pan off the heat and let it stand, covered, for 5 minutes. Fluff with a fork and spread it on a plate to cool for 10 minutes.
3. In a large bowl, whisk together all the dressing ingredients.
4. Add the cooled bulgur, beans, tomatoes, cucumber, green onions, and herbs. Toss well.
5. Gently fold in the strawberries just before serving so they keep their shape. Taste and add more lemon or pepper if you like.

> **TEE'S TIP** Leftovers keep for up to 3 days in the fridge. If you're making it ahead, add strawberries only to the portion you're serving.

Kale & Avocado Salad with Lemon-Garlic Dressing

Massaging kale for a minute or two turns tough leaves tender and takes away the bitter edge. Creamy avocado does the rest.

INGREDIENTS

SALAD

- 1 large bunch curly or lacinato kale (about 8 ounces)
- 1 cup cherry tomatoes, halved
- 1 ripe avocado, sliced
- ¼ cup shelled pumpkin or sunflower seeds
- Pinch of red pepper flakes (optional)
- Fresh basil leaves (optional)

DRESSING

- 2 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 1 small garlic clove, finely minced
- 1 teaspoon Dijon mustard
- 1 teaspoon honey or maple syrup
- ¼ teaspoon salt
- Black pepper to taste

4 servings 15 minutes

DIRECTIONS

1. Wash the kale well and pat it dry. Strip the leaves from the stems and tear them into bite-size pieces. Place in a large bowl.
2. In a small bowl, whisk together all the dressing ingredients.
3. Pour half the dressing over the kale. With clean hands, massage the leaves for 1 to 2 minutes, until they turn darker green and soften.
4. Add the tomatoes and toss. Top with the avocado, seeds, red pepper flakes, and basil. Drizzle with the rest of the dressing and serve.

> **TEE'S TIP** Massaged kale holds up well, so you can dress it up to a day ahead. Add the avocado right before serving so it stays green.

Lemon Chicken & Rice Soup

A warm, gentle bowl for days when you need comfort and food that's easy to eat. Low-sodium broth lets you control the salt.

INGREDIENTS

- 1 tablespoon olive oil
- 1 medium onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 2 garlic cloves, minced
- 8 cups low-sodium chicken broth
- 1 teaspoon dried thyme
- 1 bay leaf
- 1 pound boneless, skinless chicken breasts or thighs
- ¾ cup long-grain white rice
- 2 cups baby spinach (optional)
- Juice of 1 lemon (about 3 tablespoons)
- ¼ cup chopped fresh parsley or dill
- Salt and pepper to taste

6 servings 50 minutes

DIRECTIONS

1. Heat the oil in a large pot over medium heat. Add the onion, carrots, and celery and cook, stirring often, for 6 to 8 minutes, until softened. Add the garlic and cook for 30 seconds.
2. Add the broth, thyme, and bay leaf and bring to a boil. Add the chicken, lower the heat, and simmer, partly covered, for 15 to 20 minutes, until the chicken reaches 165°F.
3. Move the chicken to a cutting board. Stir the rice into the pot and simmer, uncovered, for about 15 minutes, until tender.
4. While the rice cooks, shred the chicken with two forks.
5. Return the chicken to the pot and stir in the spinach until it wilts, about 1 minute. Remove the bay leaf. Stir in the lemon juice and herbs, then taste and season.

TEE'S TIP The rice soaks up broth as it sits, so add a splash of broth or water when you reheat. Keeps up to 3 days in the fridge.

Skillet Fish in Tomato Sauce

Mild white fish simmers right in a quick, garlicky tomato sauce. Serve with brown rice or crusty bread to catch every bit of sauce.

INGREDIENTS

- 4 skinless cod, tilapia, or other white fish fillets (about 5 ounces each)
- ½ teaspoon smoked or sweet paprika
- ¼ teaspoon salt
- Black pepper to taste
- 1 tablespoon olive oil
- 1 small onion, diced
- 1 red or green bell pepper, diced
- 3 garlic cloves, minced
- 1 (14.5-ounce) can no-salt-added diced tomatoes
- ½ cup water or low-sodium broth
- 1 teaspoon dried oregano
- 1 lime or lemon, cut into wedges
- 2 tablespoons chopped fresh cilantro or parsley

4 servings 30 minutes

DIRECTIONS

1. Pat the fish dry and season both sides with the paprika, salt, and pepper.
2. Heat the oil in a large skillet over medium heat. Add the onion and bell pepper and cook for 5 to 6 minutes, until soft. Add the garlic and cook for 30 seconds.
3. Stir in the tomatoes, water, and oregano. Bring to a simmer and cook for 5 minutes to thicken slightly.
4. Nestle the fish into the sauce and spoon some sauce over the top. Cover and simmer gently for 8 to 10 minutes, until the fish flakes easily with a fork and reaches 145°F.
5. Squeeze a lime wedge over the top, sprinkle with the herbs, and serve with the remaining wedges.

TEE'S TIP Thin fillets cook faster, so start checking at 6 minutes. If you use frozen fish, thaw it in the fridge overnight.

Warm Apple-Oat Crumble

All the cozy smell of apple pie with a lot less sugar. Oats and walnuts make a crunchy, golden topping.

6 servings 45 minutes

INGREDIENTS

FILLING

- 4 medium apples (Gala, Honeycrisp, or Granny Smith), cored and thinly sliced
- 1 tablespoon fresh lemon juice
- 1 tablespoon maple syrup
- 1 teaspoon ground cinnamon
- 1 tablespoon cornstarch

TOPPING

- ¾ cup old-fashioned rolled oats
- ¼ cup whole wheat or all-purpose flour
- ¼ cup chopped walnuts or pecans
- 2 tablespoons maple syrup
- 2 tablespoons melted butter or coconut oil
- ½ teaspoon ground cinnamon
- Pinch of salt

DIRECTIONS

1. Heat the oven to 375°F. Lightly grease an 8-inch square baking dish.
2. Add the apples, lemon juice, maple syrup, cinnamon, and cornstarch to the dish. Toss to coat and spread in an even layer.
3. In a bowl, stir together all the topping ingredients until crumbly. Sprinkle evenly over the apples.
4. Bake for 30 to 35 minutes, until the apples are tender and bubbling and the topping is golden. Let cool for 10 minutes before serving.

TEE'S TIP Peeling the apples is up to you. For a treat, serve with a spoonful of plain Greek yogurt.

Ginger-Lemon Soother

Sip it warm when you want something soothing, or chill it and pour it over ice on a hot Texas day.

INGREDIENTS

- 4 cups water
- 1 (2-inch) piece fresh ginger, thinly sliced (no need to peel)
- 1 cinnamon stick (optional)
- 1 lemon, juiced, plus a few slices for serving
- 1 to 2 tablespoons honey or maple syrup, to taste
- Fresh mint sprigs (optional)

About 4 cups 20 minutes

DIRECTIONS

1. Add the water, ginger, and cinnamon stick (if using) to a saucepan and bring to a boil. Lower the heat and simmer for 10 minutes.
2. Take the pan off the heat and strain out the ginger and cinnamon.
3. Stir in the lemon juice and honey.
4. Serve warm, or let it cool, refrigerate, and serve over ice with lemon slices and mint.

TEE'S TIP Keeps up to 3 days in the fridge. If your care team has you on a low-microbial diet, use pasteurized honey or maple syrup.

Thank You for Cooking with Me

I hope these recipes bring a little ease and a lot of flavor to your table.

For more encouragement, stories, and resources for life with multiple myeloma, visit

TeeTalksMyeloma.com

and join my email list so you never miss what's new.

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