

# NUTRITION FORECAST

The Institute for  
Cancer Care   
AT MERCY

Reliable information to promote a healthy lifestyle  
before, during, and after cancer treatment.

Summer 2018

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### Dinner at Home – Mission Impossible?

*“Eating healthy is just too expensive and I don’t have time to cook. It’s easier to just go out to eat.”* Have you heard someone say this before? Maybe you’ve said this? Eating out may not be as cheap as you think. According to the Bureau of Labor and Statistics 2016 report, the average American spends over \$3,000 a year on food away from home!

Purchasing food that is delicious and nutritious doesn’t have to blow your budget. You also don’t have to create elaborate meals for it to taste good. Cooking meals at home does take time and effort, which can be intimidating, but thankfully, there are a several resources available at our finger tips that provide step by step instructions for quick and easy recipes. Pinterest is one of my go-to online sites for inspiring recipes.

## 3 Tips for Making Meals at Home

### 1. Meal Plan & Grocery List

This means you need to have an idea of what you could make before going to the market. Take stock of what you need for your recipe and which ingredients you already have at home. Some recipes call for a small amount of an expensive ingredient. Decide whether you could omit that ingredient or if you think you’ll reuse the ingredient for another recipe. If you won’t ever use that expensive ingredient again, maybe rethink your recipe choice.

### 2. Frozen Produce

Swing by the freezer section for vegetables and fruit. Frozen produce are packed with nutrients; just remember to skip the ones with added sugar, salt, and butter. Steam the veggies in the microwave or make a quick stir-fry. Remember to aim for having half your plate full of vegetables.

### 3. Deja-Chew

“Baked chicken, again?! (sigh)” Sound familiar? Turn leftover baked chicken from last night’s dinner into chicken tacos tonight! Reusing leftovers not only saves you money but also time.



<https://www.couponclippingcook.com/easy-chicken-with-black-beans/>



<https://www.howsweeteats.com/2015/04/easy-weeknight-chicken-tacos/>

# SOUTHWESTERN BEAN SALAD

Cool off this summer with a refreshing dish! Use it as a dip, put it on top of chicken or fish, or add it to your leafy green salad. The possibilities are endless! AND it's inexpensive and easy to make!

## Ingredients

- 1 can (about 15 oz.) no-salt –added black beans, drain and rinse\*
- 1 cup no-salt-added canned or frozen corn kernels, drain and rinse canned
- 1 cup chopped green, red, or yellow bell pepper
- 1 cup chopped carrot
- ¾ cup mild tomato salsa
- 1 Tbsp. olive oil

*\*Fun Fact:* You can reduce sodium content in canned goods by 40% simply by draining and rinsing the food!!

## Directions

1. Open can of beans and can of corn. Over the sink, empty both cans into a strainer and rinse thoroughly. Let water drain from strainer.
2. Put the beans and corn into a large salad bowl. Add chopped pepper, chopped carrots, olive oil, and salsa.
3. Mix together with a large spoon and serve.



<http://www.aicr.org/health-e-recipes/2013/southwestern-bean-salad.html>

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