

High-Calorie, High-Protein Recipes

These recipes boost the calorie and protein content of foods to help keep you from losing weight during cancer treatment.

Enriched Milk

1 quart (4 cups) whole milk

1 cup skim milk powder

Put ingredients in blender and blend until milk powder is dissolved. Makes 5 cups.

Nutrition information per cup: 184 calories, 15 grams protein

High-Calorie Carnation Shake

½ cup half & half

¾ cup ice cream

1 package Carnation Instant Breakfast®

Blend in blender until smooth. Serves 1.

Nutrition information per serving: 505 calories, 14 grams protein

High-Protein Milkshake

1 cup enriched milk (see first recipe)

1 generous scoop of ice cream

½ teaspoon vanilla

1 tablespoon butterscotch sauce, chocolate sauce, malt powder, or your favorite fruit

Mix all ingredients in a blender on low speed about 10 seconds or until smooth. Serves 1.

Nutrition information per serving: 657 calories, 21 grams protein

Milk-Free Double Chocolate Pudding

2 squares baking chocolate

1 tablespoon cornstarch

¼ cup granulated sugar

1 cup liquid non-dairy creamer or soy milk

1 teaspoon vanilla

Melt chocolate in saucepan or microwave. Measure cornstarch and sugar into a separate medium-size saucepan. Add the creamer bit by bit, stirring until mixture is smooth. Cook this mixture over medium heat until warm. Stir in the melted chocolate and continue cooking until thick. Remove from heat. Blend in vanilla and cool. Serves 2.

Nutrition information per serving: 397 calories, 3 grams protein

Fruit Mousse

6 ounce package flavored gelatin

1 cup boiling water

¼ cup sugar

1 cup crushed ice

1 cup ricotta cheese

1 cup frozen fruit

Mix gelatin and boiling water; place in blender. Add water to ice to make 1 cup and place in blender. Add ricotta, sugar, and fruit. Blend. Pour into dishes. Makes six ¾-cup servings.

Nutrition information per serving: 233 calories, 11 grams protein

Apple-Cinnamon Pancakes

1 egg
1½ cups enriched milk (see first recipe)
1 tablespoon canola oil
½ cup applesauce
1 cup wheat flour
½ teaspoon cinnamon
½ teaspoon salt
1 tablespoon baking powder

In a mixing bowl, beat egg until yellow. Add milk, oil, and applesauce, and stir until blended. Measure flour, cinnamon, salt, and baking powder on top of the liquid mixture. Stir until dry ingredients are moistened. Mixture will be slightly lumpy. Cook on griddle. Top with your favorite topping. Makes 4 pancakes.

Note: You can also use pancake mix, adding enriched milk and applesauce instead of water.

Nutrition information per pancake: 180 calories, 7 grams protein

Creamy Potato Salad

1/3 cup plain yogurt (low-fat or whole)
1/3 cup mayonnaise
¼ cup finely minced onion
1 sprig parsley, finely chopped
¼ cup chopped celery or green pepper
2 potatoes, boiled and diced
Salt to taste

Stir together yogurt, mayonnaise, onion, parsley, celery, and pepper. Stir in diced potatoes. Cover and refrigerate for several hours. Serves 4.

Nutrition information per serving: 210 calories, 3 grams protein

Macaroni and Cheese

1 to 2 tablespoons butter or margarine
1 tablespoon flour
1 cup enriched milk (see first recipe)
1 cup shredded cheddar cheese
1 teaspoon minced onion
1 teaspoon dry mustard
2 cups cooked macaroni
Salt and pepper to taste

In a medium-size saucepan, melt the butter over medium heat. Add the flour, stirring constantly with a whisk until the butter is completely absorbed and the mixture starts to bubble slightly. Add the milk all at once, and stir constantly until the sauce thickens enough to coat the back of the spoon. Add cheese, mustard, and onion, stirring until cheese is melted. Stir in the cooked macaroni. Add salt and pepper to taste. Place mixture in a greased one-quart casserole dish. Bake uncovered at 400 degrees for 15 minutes or until top is slightly browned. Makes 6 servings.

Nutrition information per serving: 285 calories, 14 grams protein

Mushroom Sauce

1 can condensed cream of mushroom soup
½ cup evaporated milk
Dash of garlic powder

Mix all ingredients in saucepan and heat just to boiling point. Remove from heat immediately. Serve over meats, fish, chicken, pastas, potatoes, or cooked vegetables. Makes three ½-cup servings.

Nutrition information per serving: 136 calories, 4 grams protein

For more information about good nutrition during cancer treatment, call the dietitians at the Linda B. and Robert B. Wiggins Wellness and Integrative Health Center:

801-587-4585