



## CARROT PURÉE WITH OLIVE OIL AND CILANTRO

This is the perfect side dish for the holiday season, especially for patients facing pancreatic cancer, as it is a well-cooked vegetable dish which is easier to digest and less likely to aggravate digestive issues. The carrots provide an excellent source of beta-carotene. The oil may be reduced if sensitive to fat, or coconut oil may be substituted (which may be more easily absorbed). If you are sensitive to additional herbed flavors, the cilantro can be reduced or omitted. This purée can also translate well to any other root vegetable or squash – such as turnip, parsnip, acorn squash, or butternut squash. **Yield: 6 servings**

### INGREDIENTS:

- About 10 carrots, peeled and cubed
- 5 Tbsp. extra virgin olive oil
- Sea salt
- Fresh black pepper
- 3 Tbsp. finely chopped fresh cilantro (may substitute other fresh herbs of choice and as tolerated)

### NUTRITIONAL DATA:

142 calories, 11.7 grams fat, 1.7 grams saturated fat, 0 mg cholesterol, 10 grams carbohydrate, 2.5 grams dietary fiber, 0.8 grams protein

### DIRECTIONS:

1. In a large pot, boil peeled and cubed carrots for about 20 minutes until they are very tender. (Alternatively, steaming them in a steam pan over boiling water may preserve the maximum amount of nutrients.)
2. In a medium pan, add fresh cilantro leaves and 3 Tbsp. of extra virgin olive oil. Heat on lowest flame for about 5 minutes.
3. Remove from heat and allow to sit for about 5 minutes. Remove cilantro from oil and set aside.
4. In a food processor or using an immersion blender, add in cooked carrots and cilantro oil and 2 Tbsp. of extra virgin olive oil. Purée until smooth.
5. Add sea salt and fresh black pepper to taste and fresh cilantro as a garnish.

*The **Cooking. Comfort. Care. Nourishment for the Pancreatic Cancer Fight** program was created by Celgene Corporation and in collaboration with the Pancreatic Cancer Action Network, Meals to Heal and Chef Michael Ferraro. These recipes were developed by registered dietitians who are board-certified specialists in oncology nutrition affiliated with the Pancreatic Cancer Action Network and at Meals to Heal, along with Chef Michael Ferraro. This content is for information purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Talk to your healthcare team for nutritional advice or specific questions you have about managing your condition or that of a loved one.*