



## VEGETABLE POPOVER

These vegetable popovers are excellent for individuals needing soft, easy-to-swallow foods. Eggs (or egg substitute) add an excellent source of high-quality protein. This is also a great recipe to prepare ahead of time and reheat as a healthy mini-meal. **Yield: 6 servings**

### INGREDIENTS:

- 1 zucchini, chopped into bite-size pieces
- 1 large carrot, chopped into small pieces (about half the size of the zucchini)
- 2 tsp. olive oil
- 6 large eggs
- ¼ cup milk (non-dairy alternative, if desired)
- ⅓ cup shredded cheddar cheese (use reduced-fat cheese for those experiencing fat intolerance)
- Salt and freshly ground black pepper, to taste
- Pinch of turmeric
- Onion powder, to taste

### DIRECTIONS:

1. Preheat the oven to 350°.
2. Spray 6 muffin cups with nonstick spray.
3. Sauté the zucchini and the carrots in 2 tsp. olive oil for 5-7 minutes.
4. In a medium bowl, whisk together the eggs and milk. Add salt, pepper, turmeric, and onion powder.
5. Distribute egg mixture evenly into muffin cups.
6. Distribute zucchini and carrots into egg mixture.
7. Bake 25 to 30 minutes, or until egg is cooked through.

### NUTRITIONAL DATA:

Nutritional Data: 126 calories, 8.9 grams fat, 3.2 grams saturated fat, 193 mg cholesterol, 3.4 grams carbohydrate, 0.7 grams dietary fiber, 8.7 grams protein

*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.*