



Cooking with Komen Oklahoma

Nutritious. Delicious. Healthy Oklahoma!

Free Virtual Cookbook

Letter from the CEO

We know times are different right now for everyone in Oklahoma and we wanted to bring a little joy and good food into your home.

We put out a call for recipes from Oklahomans who are staying safely at home right now, and you all came through with some amazing ideas that we can't wait to share with you!

We hope you all enjoy these healthy and fun recipes that you can make at home alone or with your family.

From our kitchens to yours, bon appetit and stay safe!



Abbi Lee

Komen Oklahoma CEO



Sour Cream Enchiladas

Submitted By: Abbi Lee

Ingredients:

1 1/2 cups sour cream
1 can cream of chicken soup
1 can green chilis
1 can frozen or cooked chicken
2 cups shredded Monterey cheese
8-10 tortillas

Directions:

Preheat oven to 350
Mix sour cream, soup, and chilis
Set sauce aside
Divide chicken and 1 cup of cheese evenly among tortillas
Roll up and place in baking dish
Cover with sauce and remaining cheese
Cook for 20-25 minutes



Spinach Artichoke Chicken

Submitted By: Abbi Lee

Ingredients:

3-4 chicken breasts (thawed)
1/2 cup sour cream
1 package cream cheese
2 cups shredded mozzarella cheese
1/4 cup shredded parmesan cheese
2 tablespoons minced garlic
1 can artichokes (chopped)
1 cup fresh spinach (chopped)
salt and pepper

Directions:

Preheat oven to 350
Season chicken with salt and pepper
If large pieces, cut in half
Place chicken in baking sheet
Bake for 20-30 minutes until chicken
is thoroughly cooked

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Spinach Artichoke Chicken

Submitted By: Abbi Lee

Directions (continued):

Mix remaining ingredients together to make spinach artichoke dip

Set aside

When chicken is finished baking, cover with dip

Optional: add mozzarella to the top

Place chicken back into the oven uncovered for 10-15 minutes

Tips should be melting and turning brown

Remove from oven

Serve with your favorite sides

Notes from the Chef:

You can serve this with cauliflower rice for a healthier option!



Roasted Honey Lemon Garlic Asparagus

Submitted By: Hayley Rose
Alyssa Rivers, The Recipe Critic

Ingredients:

1 bunch of asparagus
2 tablespoons olive oil
2 tablespoons juice of half a lemon
3 garlic cloves, minced
Salt & pepper

Directions:

Preheat oven to 400 degrees
Cut off ends of asparagus and place in large bowl
In small bowl, whisk olive oil, lemon, honey, and garlic
Pour over asparagus and toss to coat
Lay in a single layer on a baking sheet
Add salt and pepper to taste
Roast for roughly 10 minutes, adjusting time based on size of asparagus

Serves 4



Chicken Cordon Bleu

Submitted By: Hayley Rose
All Recipes

Ingredients:

6 skinless, boneless chicken breast halves
6 slices of Swiss cheese
6 slices of ham
3 tablespoons all purpose flour
1 teaspoon paprika
6 tablespoons butter
1/2 cup of dry white wine
1 teaspoon chicken bouillon granules
1 tablespoon cornstarch
1 cup heavy whipping cream

Directions:

Pound chicken breast if they're too thick
Place slice of cheese and ham within 1/2 inch of edges

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Chicken Cordon Bleu

Submitted By: Hayley Rose

All Recipes

Directions (continued):

Roll edges of chicken from one end to the other and secure with toothpicks

Mix flour and paprika and coat the chicken

Heat the butter in large skillet over medium heat

Cook chicken until all sides are brown

Add wine and bouillon

Reduce heat to low, cover, and simmer until chicken is no longer pink and juices run clear

Remove toothpicks and transfer breasts to warm platter

Blend cornstarch with cream in small bowl

Whisk slowly into the skillet, stirring until thickened

Pour over chicken

Serves 6



Cheesy Chicken Spaghetti

Submitted By: Rhonda Baker

Ingredients:

4 boneless chicken breasts
8 oz spaghetti noodles
1 onion, diced
1 tablespoon butter or margarine
16 oz Velveeta
1 can cream of mushroom soup
1 can cream of chicken soup
1 can Rotel tomatoes (drained)
1 can mushrooms (drained)

Directions:

Boil chicken in water (with salt added) until done
Set aside
Cook spaghetti in chicken water until al dente
Drain well
Place butter and diced onion in saucepan
Saute until tender

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Cheesy Chicken Spaghetti

Submitted By: Rhonda Baker

Directions (continued):

Add soups, Rotel, and mushrooms

Heat thoroughly

Dice chicken into small pieces and add soup mixture

Add cubed Velveeta and cook on low heat until melted

Toss in spaghetti and heat, stirring constantly

Add salt and pepper to taste

Serves family, with leftovers expected!

Reheats well in microwave

Notes from the Chef:

Serve with a side salad and french bread for a filling and yummy meal!



Quick Potato & Cabbage Side

Submitted By: Colleen Maness

Ingredients:

1/2 pkg slaw mix (shredded cabbage & carrots)
2 cups mashed potatoes
1/2 tablespoon turmeric
1/2 tablespoon black pepper
1/2 tablespoon onion powder
1/2 tablespoon garlic powder

Directions:

Empty slaw mix into non-stick skillet
Add 2 tablespoons water
Saute until cabbage is soft and slightly browned
Add spices to mashed potatoes
Mix in slaw

Serves 2-3

Notes from the Chef:

I often add other veggies like broccoli & cauliflower



Low Carb Breakfast Casserole

Submitted By: Rachel Nicholas-Heskamp

Ingredients:

1 lb breakfast sausage
10 eggs
2 cups shredded cheese
1 tablespoon cajun seasoning
Grated cheese

Directions:

Preheat oven to 350 degrees
Crumble and brown sausage in non-stick pan
Mix together shredded cheese and seasoning
Whisk in eggs in large mixing bowl
Add egg and cheese to sausage once it's fully cooked
Pour mixture into greased 3 quart baking dish
Bake for 18-25 minutes
Optional: sprinkle grated cheese during last 7 minutes of baking
Allow cooling for 10 minutes, then serve

Serves 6



Mama's Spaghetti & Meatballs

Submitted By: Rachel Nicholas-Heskamp

Ingredients:

- 1 lb ground beef
- 1 tablespoon garlic powder
- 1 tablespoon salt
- 2 tablespoons parsley
- 1 egg
- 1 cup shredded cheese
- 1 cup soft bread crumbs
- 1 tablespoon olive oil
- 1 16 oz jar of your favorite red pasta sauce

Directions:

In large mixing bowl, beat egg

Stir in cheese, salt, garlic powder, parsley, and bread crumbs

Add ground meat and knead all ingredients

Heat oil in large skillet on medium heat



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Mama's Spaghetti & Meatballs

Submitted By: Rachel Nicholas-Heskamp

Directions (continued):

While skillet is heating, half the "loaf" of meatball mixture, then half smaller loaves, leaving four equally sized sections

Place meatballs in skillet and turn every 45 seconds until all sides are brown

Add sauce to skillet

Reduce heat to medium

When sauce simmers, remove from heat

Serve over cooked spaghetti noodles

Serves 2-3

Notes from the Chef:

This recipe is very easy to double or triple!

Skip noodles for great party appetizer

Sub spaghetti squash for noodles for carb-friendly dish!



Easy Pork Schnitzel

Submitted By: Rachel Nicholas-Heskamp

Ingredients:

5-6 boneless pork loin chops

1 egg

Dry bread crumbs

1 tablespoon butter

1 tablespoon cooking oil

1/3 cup fresh squeezed lemon juice

1 cup chicken broth

Directions:

Place pork chops on cutting board

Cover with wax paper

Pound chops with meat mallet

Flip chops and repeat until both sides are wide and thin

Continue pounding until each chop is no more than 1/4 inch thick



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Easy Pork Schnitzel

Submitted By: Rachel Nicholas-Heskamp

Directions (continued):

Whisk egg in small bowl

Mix bread crumbs, salt, and pepper in another bowl

Heat oil in large skillet over medim-high heat

Melt in butter and blend with plastic spatula

While oil is heating, dip each chop in egg and bread crumbs mixture

Add chops to hot skillet for 3-4 minutes

Flip and cook on other side for 2-4 minutes

Breading should be golden brown

Transfer chops to baking sheet and place in oven at 200 degrees while you make the sauce

Using plastic spatula, scrape remaining bits in the skillet and mix with lemon juice and chicken broth

Allow broth to simmer

Remove chops from oven

Serve with lemon broth over each chop

Serves 3-4



Baked Macaroni and Cheese

Submitted By: Rachel Nicholas-Heskamp

Ingredients:

2 cups dry elbow macaroni
2 cups shredded or grated cheddar cheese
3 eggs
1/2 cup sour cream
4 oz softened cream cheese (optional)
4 tablespoons butter, cut into small cubes
Dash of salt
1 cup milk

Directions:

Preheat oven to 350 degrees
Boil macaroni and drain
While noodles are hot, mix in cheddar cheese in a greased baking dish
Combine all remaining ingredients
Stir in macaroni and cheese mixture

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Baked Macaroni and Cheese

Submitted By: Rachel Nicholas-Heskamp

Directions (continued):

Bake for 30 to 45 minutes

Optional:

Top with additional cheese during last 10 minutes of baking

Serves 4

Notes from the Chef:

There are plenty of ways to vary this dish to pair well with different entrees.

If pairing with duck, you may consider using gruyere cheese and omitting the cream cheese.

For more texture, use macaroni spirals instead of elbows.



Foiled Ya! Chicken Tenders

Submitted By: Rachel Nicholas-Heskamp

Ingredients:

- 1 lb boneless, skinless chicken breast tenders
- 1 tablespoon cajun seasoning
- 1 tablespoon Mrs. Dash grilled chicken seasoning
- 1/2 tablespoon coarse ground black pepper
- 1 tablespoon ghee
- 1 tablespoon grapeseed or olive oil

Directions:

Combine cajun seasoning, pepper, and Mrs. Dash seasoning in a gallon sized plastic bag

Add chicken tenders

Shake until tenders are coated with seasoning

Heat Ghee and oil over high heat in a skillet

Add chicken tenders once ghee has liquified

Allow tenders to cook for 4 minutes



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Foiled Ya! Chicken Tenders

Submitted By: Rachel Nicholas-Heskamp

Directions (continued):

After 4-5 minutes, flip tenders and allow to cook undisturbed on other side for 4-5 minutes longer
Let cool and serve

Serves 2

Notes from the Chef:

This dish is so easy and healthy, it's almost a cheat!
Takes less than 15 minutes including cook time
Tenders can be served atop a salad or alongside cauliflower "tater" tots and dipping sauces
I highly recommend fresh, not frozen, chicken tenders as the frozen tenders don't cook as well



World's Best Whiskey Cake

Submitted By: Rachel Nicholas-Heskamp

Ingredients for Cake:

- 2 cups flour
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup (2 sticks) butter
- 2 cups brown sugar
- 4 eggs
- 1/2 cup whiskey
- 1/4 cup water
- 1 cup chopped pecans
- 1 (6 oz) package of chocolate chips

Ingredients for Glaze:

- 1/4 cup butter
- 2 cups confectioners' sugar
- 1/3 cup whiskey
- 1 teaspoon vanilla extract

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World's Best Whiskey Cake

Submitted By: Rachel Nicholas-Heskamp

Directions for Cake:

Preheat oven to 325 degrees

Grease a 9 x 13 baking dish

Combine flour, baking powder, and salt

Set aside

Melt butter in saucepan over low heat

Remove from heat and stir in brown sugar, eggs, flour mixture, whiskey, and water

Pour into baking dish and sprinkle top with chocolate chips and pecans

Bake for 55 minutes

Allow to cool for 10 minutes before pouring glaze

Directions for Glaze:

Melt butter

Stir in sugar, whiskey, and vanilla

Blend well and pour over cake

Served 8-12



Sooner Stew

Submitted By: LeAnne Taylor

Ingredients:

1 lb hamburger meat
6 cans Campbell's Minestrone soup
1 cup water

Directions:

Brown hamburger meat and drain
Combine meat, soup, and water
Heat and serve

Serves 4



Avocado Mousse

Submitted By: Cancer Treatment Centers of America

Ingredients:

2 very ripe large avocados

4 oz. 70% cacao baking chocolate, melted

1/3 cup unsweetened cocoa powder

1/3 cup unsweetened almond milk

1/3 cup agave nectar

1 tablespoon pure vanilla extract

1 tablespoon ground cinnamon

Pinch of fine sea salt

Directions:

Combine avocados, melted chocolate, cocoa powder, maple syrup, almond milk, vanilla, cinnamon, and salt in food processor

Puree until creamy

Spoon the mousse into 4 small ramekins

Chill for 1 Hour

Serves 4



Baked Kale Chips

Submitted By: Cancer Treatment Centers of America

Ingredients:

One bunch kale

1 tablespoon olive oil

1 teaspoon pepper

¼ teaspoon sea salt

Directions:

Preheat oven to 350 degrees

Line cookie sheet with parchment paper

Remove leaves from kale and tear into bite sized pieces

Wash and dry

Drizzle kale with olive oil

Sprinkle sea salt and pepper

Bake for 10-15 minutes until edges brown, but don't burn



Coconut Oil Popcorn

Submitted By: Cancer Treatment Centers of America

Ingredients:

1 tablespoon coconut oil

½ cup popcorn kernels

1 3-qt. covered saucepan

1 tablespoon or more (to taste) of butter

Optional: Salt to taste

Directions:

Heat oil in 3-quart saucepan on medium heat

Place 3 or 4 popcorn kernels into oil

Cover pan

When kernels pop, add remainder 1/3 of popcorn kernels in an even layer

Cover and remove from heat for 30 seconds

Return to pan and heat to allow kernels to pop

Once popping slows, remove from heat and pour kernels into wide bowl

Add butter and toss

Salt to taste



Cooking with Komen Oklahoma

We hope you've enjoyed our collection of recipes in our first FREE virtual cookbook. With your continued support, we hope to release several cookbooks throughout the year!

For more information about Komen Oklahoma, or to make a financial donation to help us continue our mission to end breast cancer forever, visit our website at www.KomenOklahoma.org

