

# Seasoned *with* Strength

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Simple meals and  
support for your  
ovarian cancer journey



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RECIPES AND FOOD STYLING BY

# Elle Simone Scott



## *Support* from our table to yours

This cookbook was created as a collaboration between chef and food stylist Elle Simone Scott and the National Ovarian Cancer Coalition (NOCC). Our shared goal is to support and empower those impacted by ovarian cancer with nutritious recipes, practical tips, and educational resources for every step of the journey.

Whether you're looking for an on-the-go lunch for treatment days, or a dinner to share with the people you love, we hope you find something here that speaks to you. We're honored to share a seat at your table.



## Meet Elle

Elle Simone Scott is a culinary expert with 20 years of experience and on-screen talent for America's Test Kitchen. She's a food stylist, culinary producer, and author of two cookbooks: *Food Gifts* and *Boards: Stylish Spreads for Casual Gatherings*. Elle also founded SheChef, a mentorship organization for women of color in the culinary field.

After being diagnosed with ovarian cancer in 2016, Elle used her platform to share her journey and help others. Through this cookbook, she shares education, inspiration, and the nourishing power of food in support of the ovarian cancer community.

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### *Cooking through cancer:* A note from Elle on food and connection

*When you're going through a vulnerable time and relying on others more than ever, it's nice to have something that still feels like yours. That might mean preparing a meal yourself or simply joining loved ones in the kitchen now and then. Finding small ways to stay involved—when you're up for it—can bring a sense of normalcy.*

*Cooking together can also be a gentle way to let loved ones in. Family and friends may want to understand what you're going through, but don't know how to ask. Sharing a simple meal can provide a way to connect when words are hard to find. If you have dietary needs during treatment, inviting someone to adapt a recipe with you can open up space for conversation.*

*That's the spirit behind this book. These recipes aren't about doing things perfectly—they're about doing what works for you. Don't hesitate to make them your own. Take shortcuts. Swap ingredients. Let these dishes inspire you, offer comfort, and help you feel connected to the people you love.*

*With love,  
- Elle*

## Credits and Acknowledgments

The National Ovarian Cancer Coalition is honored to share this cookbook as a source of nourishment, education, and support for the ovarian cancer community. We are deeply grateful to the many individuals whose creativity and expertise helped shape *Seasoned with Strength*. It is with appreciation that we acknowledge the following contributors who made this project possible.

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This cookbook and its content remain unbiased and provide a trusted resource for our TEAL community to be inspired.

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## *Nourishing your body, one meal at a time*

Many living with ovarian cancer face nutritional challenges. This can be due to the cancer itself, which may affect the digestive system, or due to the side effects from treatment. That's why it is especially important to focus on nutrient-dense meals that meet your individual needs. The food you eat should do more than make you feel full—it should support your strength, energy, digestion, and overall health.

## Key nutrient groups you'll find throughout this cookbook

### **Proteins: building and maintaining your strength**

- Protein may help **repair tissues, maintain muscle, and support the immune system.** Those functions are especially important during cancer treatment, when your body is going through so many changes.
- When you have ovarian cancer, **your protein needs may be higher**, so you may need to be more intentional about adding protein to your meals.
- **Sources of protein include** lean meats, fish, eggs, dairy, beans, tofu, and nuts.

### **Carbs and fiber: fueling your energy and supporting digestion**

- Carbohydrates are your body's primary energy source. They help **fuel daily activities** and are especially important during treatment, when energy levels may be lower.
- **Fiber** is a kind of carb that may help promote gut health, aid digestion, and reduce constipation. By reducing harmful gut bacteria, fiber may also **support healthy hormone and estrogen levels**.
- **Sources of healthy carbs and fiber include** brown rice, bran, oats, sweet potatoes, quinoa, whole grain breads, and apples.



### **Fats: helping your body absorb nutrients**

- Healthy fats can **help your body absorb essential vitamins**, including vitamins A, D, E, and K.
- Because they are higher in calories, fats can also **help maintain weight** during treatment and provide you with a **concentrated source of energy**.
- **Sources of healthy fats include** olive oil, avocados, nuts, seeds and fatty fish like salmon.

### **Vitamins and minerals: powering your body's functions**

- Vitamins and minerals help **regulate many of your body's functions**, from your immune system to bone health.
- **Each vitamin and mineral does something different in the body.**  
**For example:**
  - Vitamin B9 (Folate) and Vitamin B12 (cobalamin) are essential for red blood cell production
  - Vitamin D helps keep your bones strong, supports your immune system, reduces chronic inflammation
  - Electrolytes, such as magnesium and potassium, can help maintain fluid balance, support nerve and muscle function, and help regulate heart function
- Eating a variety of **colorful foods** is an easy way to make sure you're getting different vitamins and minerals in your diet.
- **Sources of vitamins and minerals include** leafy greens, citrus fruits, berries, nuts, seeds, dairy, whole grains, and lean proteins.

## Snacks to manage common daily challenges

Try some of these ready-to-go snacks to refuel with comfort throughout the day:

- Trail mix, peanut butter crackers, cheese sticks, or protein bars may **help on days when you have lower energy levels**
- Snacks with moisture, like yogurt tubes, smoothies, or popsicles may **help you feel more hydrated** if your mouth is dry
- Bright, juicy fruits like pineapple or berries; tart apples; or lemon-infused water may **help bring some flavor to your diet** if you are experiencing taste changes
- Baby carrots are a great portable snack that may **support eye health**
- Dried fruit, applesauce, or ripe bananas may **help with digestion and stool-softening** if you have constipation
- Plain crackers, dry cereal, or ginger tea may **help settle your stomach** if you are experiencing nausea





## Meal prep and planning for treatment days

During ovarian cancer treatment, prioritizing nutrition can be challenging with everything else on your plate. These lists are here to help you stay prepared—both at home and on the go—so you can support your body and keep your routine manageable.

### Staple ingredients for your pantry, fridge, and freezer

Having these versatile ingredients at home may make it easier to nourish yourself on days when your energy is low, your time is limited, or you just need something simple to get you through.

#### **Pantry**

- Instant oats or steel-cut oats
- Canned beans (black beans, chickpeas, lentils)
- Whole wheat or protein-rich pasta

#### **Fridge**

- Leafy greens of your choice
- Greek yogurt
- Fresh fruit like berries, apples, and bananas
- Washed and chopped veggies (carrots, bell peppers, mushrooms, cucumbers)

#### **Freezer**

- Frozen fruits like mango, blueberries, and bananas
- Frozen vegetables like spinach, peas, broccoli, and cauliflower rice
- Pre-cooked rice or grains
- Ice cube trays of broth, pesto, or smoothie ingredients

### Setting up for treatment or on-the-go days

There will be days when you're out for hours—at treatment, follow-up appointments, or running errands. Learning what's available at your treatment center and having a few things packed can help you feel more comfortable when you're away from home.

#### **Items you may want to bring with you on a day out**

- A small cooler bag or lunchbox
- Ice packs to keep food fresh
- Thermos for hot soups or stews
- Microwave-safe glass containers for easy reheating
- A refillable water bottle that keeps water cold or hot
- Reusable snack bags or boxes
- Napkins, reusable utensils, and hand wipes

#### **Helpful things to look for at your treatment center**

- Snack stations or vending machines with healthy options
- A microwave to warm meals
- A hot water dispenser to prepare tea or broths
- A refrigerator to store food during longer treatments
- Staff who can help heat meals or provide drinks or snacks while you are receiving treatment

# Strong Starts: Balanced Breakfasts



STRONG STARTS

MIDDAY FUEL

EVENING COMFORT

SWEET MOMENTS

# Easy Sweet Potato Grits

**SERVES:** 4

**PREP TIME:** 30 minutes

## Ingredients

- 1 cup stone-ground grits (or quick-cooking grits)
- 2 cups water
- 1 cup milk (or a milk alternative)
- 1 cup cooked sweet potato, mashed (about 1 medium sweet potato)
- 1/2 teaspoon salt (adjust to taste)
- 1/2 teaspoon black pepper (adjust to taste)
- 1/4 teaspoon garlic powder (optional)
- 1/4 teaspoon smoked paprika (optional)
- 1/2 cup shredded cheese (such as cheddar, gouda, or your favorite cheese)
- 2 tablespoons butter (or olive oil for a dairy-free option)
- Chopped green onions or parsley for garnish (optional)

## Instructions

In a medium saucepan, bring the water to a boil. Stir in the salt, then add the grits. Reduce the heat to low, cover, and simmer according to package instructions (usually about 20-25 minutes for stone-ground grits, or about 5-10 minutes for quick-cooking grits), stirring occasionally.

While the grits are cooking, peel and cut the sweet potato into 1-inch pieces. Boil or steam until tender, then mash until smooth. You should have about 1 cup of mashed sweet potato.

Once the grits are cooked and have thickened to your desired consistency, stir in the milk, mashed sweet potato, black pepper, garlic powder, and smoked paprika (if using). Mix well to combine.

Stir in the shredded cheese and butter until melted and creamy. Adjust the seasoning with more salt and pepper if needed.

Spoon the sweet potato grits into bowls and garnish with chopped green onions or parsley if desired. Serve warm.



### *Toppings:*

These grits are versatile! Top them with sautéed greens, fried eggs, crispy bacon for a savory version, maple syrup & toasted coconut for a sweet option, or your favorite protein for a complete meal.

### *Make ahead:*

You can make the sweet potato grits ahead of time and reheat them on the stove or in the microwave, adding a splash of milk, broth, or water to loosen them up.

### *Flavor variations:*

Feel free to experiment with different spices or herbs to customize the flavor to your liking, such as adding a pinch of nutmeg or fresh herbs.

# Savory Brioche Breakfast Muffins

**SERVES:** 3 - 6

**PREP TIME:** 30 minutes

## Ingredients

4 cups brioche bread,  
cut into small cubes

4 large eggs

1 cup milk (or a plant-based  
milk alternative)

1 cup shredded cheese  
(cheddar or your choice)

1 cup cooked unprocessed  
meat (like crumbled turkey  
sausage or diced ham) or a  
plant-based alternative  
(like crumbled tempeh  
or sautéed mushrooms)

1/2 cup chopped spinach  
or kale

1/2 cup diced bell peppers

1/4 cup chopped green onions

1 tsp garlic powder

1 tsp onion powder

Salt and pepper to taste

Pinch of red pepper flakes  
for heat (optional)

## Instructions

Preheat the oven to 350°F (175°C). Grease a muffin tin or line it with muffin liners.

In a large bowl, add the cubed brioche bread and set aside.

In another bowl, whisk together the eggs, milk, garlic powder, onion powder, salt, and pepper until well combined.

Pour the egg mixture over the brioche cubes. Gently fold in the cheese, cooked meat or plant-based alternative, spinach, bell peppers, and green onions. Make sure all the bread is coated with the mixture.

Spoon the mixture into the prepared muffin tin, filling each cup about 3/4 full.

Bake in the preheated oven for 20-25 minutes or until the muffins are golden brown and a toothpick inserted into the center comes out clean.

Allow the muffins to cool in the tin for about 5 minutes before transferring them to a wire rack. Serve warm, and enjoy your savory breakfast muffins!



### *Change it up:*

You can customize the filling based on your preferences, adding ingredients like sun-dried tomatoes, zucchini, or different herbs for added flavor.

### *Save for later:*

These muffins can be stored in an airtight container in the fridge for up to 3 days or frozen for longer storage.

# Salmon and Goat Cheese Frittata

**SERVES:** 4 - 6

**PREP TIME:** 25 minutes

## Ingredients

6 large eggs

1/4 cup milk (or a milk alternative)

1 cup cooked salmon,  
flaked (canned or fresh)

1/2 cup goat cheese, crumbled

1/2 cup cherry tomatoes, halved

1/4 cup chopped fresh dill  
(or parsley)

1/4 cup chopped green onions

Salt and pepper to taste

1 tablespoon olive oil or butter

Squeeze of lemon juice for  
brightness (optional)

### *Change it up:*

You can add other vegetables like spinach or bell peppers for extra nutrition.



### *Save for later:*

This frittata can be stored in the refrigerator for up to 3 days and can be enjoyed cold or reheated.



## Instructions

Preheat your oven to 375°F (190°C).

In a large bowl, whisk together the eggs, milk, salt, and pepper until well combined.

In an oven-safe skillet (preferably cast iron), heat the olive oil or butter over medium heat. Add the chopped green onions and cherry tomatoes, and sauté for about 3-4 minutes until the tomatoes start to soften.

Gently fold in the flaked salmon and fresh dill (or parsley) into the skillet. Spread the mixture evenly across the pan.

Pour the egg mixture over the salmon and vegetables. Cook on the stovetop for about 2-3 minutes, just until the edges start to set.

Sprinkle the crumbled goat cheese on top of the frittata.

Transfer the skillet to the preheated oven and bake for 15-20 minutes, or until the frittata is set in the center and lightly golden on top.

Remove from the oven and let it cool for a few minutes. Slice into wedges and serve warm. A squeeze of lemon juice over the top can enhance the flavors.

# Pantry Overnight Oats 3 Ways

**SERVES:** 2

**PREP TIME:** 5 minutes

## Ingredients

1 cup rolled oats  
1 cup milk (dairy or non-dairy)  
1/2 cup yogurt  
(optional for creaminess)  
1 tablespoon chia seeds  
(optional, for added nutrition)  
Sweetener to taste  
(honey, maple syrup, or agave)

## Instructions

In a mixing bowl or jar, combine the rolled oats, milk, yogurt (if using), chia seeds, and sweetener. Stir well to combine.

Cover and refrigerate overnight (or at least 4 hours) to allow the oats to soak up the liquid and soften.

## *Variation:* Lemon Blueberry Overnight Oats

## Ingredients

Overnight oats  
Zest of 1 lemon  
2 tablespoons lemon juice  
1/2 cup fresh or frozen  
blueberries  
Additional sweetener if desired

## Instructions

Prepare the basic overnight oats.

Stir in the lemon zest, lemon juice, and blueberries.

Adjust sweetness if needed. Mix well, then refrigerate overnight.

Serve chilled, and top with extra blueberries and a sprinkle of lemon zest if desired.

## Variation: Crème Brûlée Overnight Oats

### Ingredients

Overnight oats  
1 teaspoon vanilla extract  
1 tablespoon brown sugar  
(or coconut sugar)  
A pinch of salt  
Torch for caramelizing sugar  
on top (optional)

### Instructions

Prepare the basic overnight oats.  
Stir in the vanilla extract, brown sugar, and a pinch of salt.  
Refrigerate overnight.  
To serve, you can optionally sprinkle a little extra brown sugar on top and use a kitchen torch to caramelize it for a crème brûlée effect, or simply enjoy as is!

## Variation: Chocolate Hazelnut Overnight Oats

### Ingredients

Overnight oats  
2 tablespoons chocolate  
hazelnut spread  
1 tablespoon cocoa powder  
(optional, for extra chocolate  
flavor)  
1/4 cup chopped hazelnuts  
(for topping)  
A drizzle of honey or maple syrup  
if desired

### Instructions

Prepare the basic overnight oats.  
Stir in the chocolate hazelnut spread and cocoa powder, if using, until well combined.  
Adjust sweetness if desired and refrigerate overnight.  
Before serving, top with chopped hazelnuts and an extra drizzle of chocolate hazelnut spread if you like.

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## *Midday Fuel:* Simple and Satisfying Lunches

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# Easy Chicken Pho

**SERVES:** 4 - 6

**PREP TIME:** 30 minutes

## Ingredients

### *For the Broth:*

6 cups store-bought chicken broth

1 onion, quartered

3-4 slices of fresh ginger (about 1-inch thick)

2 star anise

1 cinnamon stick

1 tablespoon fish sauce (optional)

2 cups rotisserie chicken, shredded (skin removed)

Salt, to taste

### *For the Bowl:*

8 ounces rice noodles (bánh phở)

Fresh herbs (basil, cilantro, mint)

Bean sprouts

Lime wedges

Sliced jalapeños (optional)

Thinly sliced green onions

Hoisin sauce (optional)

Sriracha sauce (optional)

## Instructions

### *Make the Broth:*

In a large pot, combine the store-bought chicken broth, quartered onion, ginger slices, star anise, cinnamon stick, fish sauce, and salt. Bring the mixture to a simmer over medium-high heat.

Allow the broth to simmer for about 15-20 minutes to infuse the flavors. After simmering, taste and adjust the seasoning if necessary.

### *Prepare the Bowl:*

While the broth is simmering, bring a separate pot of water to a boil. Add the rice noodles and cook according to the package instructions (usually about 5-7 minutes). Drain and rinse under cold water to prevent sticking.

In serving bowls, place a portion of the cooked rice noodles and top with shredded rotisserie chicken. Ladle the hot broth over the noodles and chicken.

Serve the pho with fresh herbs, bean sprouts, lime wedges, sliced jalapeños, and green onions on the side. Drizzle with hoisin and sriracha sauce according to your taste.

# Sweet Potato and Kale Curry Soup

**SERVES:** 4 - 6

**PREP TIME:** 35 minutes

## Ingredients

2 tablespoons coconut oil  
(or olive oil)

1 medium onion, chopped

2 cloves garlic, minced

1 tablespoon fresh ginger,  
grated

1 tablespoon curry powder  
(adjust to taste)

1/2 teaspoon ground turmeric

1/4 teaspoon cayenne pepper  
(optional, for heat)

4 cups vegetable broth  
(or chicken broth)

2 large sweet potatoes,  
peeled and diced

1 can (14 oz) coconut milk

3 cups kale, chopped  
(stems removed)

Juice of 1 lime

Fresh cilantro for garnish  
(optional)

Salt and pepper to taste

## Instructions

In a large pot, heat the coconut oil over medium heat. Add the chopped onion and sauté until it becomes translucent, about 5 minutes. Stir in the minced garlic and grated ginger, and cook for an additional 1-2 minutes until fragrant.

Sprinkle in the curry powder, ground turmeric, and cayenne pepper (if using). Stir well to coat the onion, garlic, and ginger with the spices.

Pour in the vegetable broth and add the diced sweet potatoes. Bring the mixture to a boil, then reduce the heat to a simmer. Cover and cook for about 15-20 minutes, or until the sweet potatoes are tender.

Once the sweet potatoes are tender, stir in the coconut milk. Allow the soup to simmer for another 5 minutes.

Add the chopped kale to the pot and stir. Cook for an additional 5 minutes, until the kale is wilted and tender.

Season the soup with salt, pepper, and lime juice to taste. Adjust the seasoning as needed.

Serve hot, garnished with fresh cilantro if desired.



### *Change it up:*

You can add other vegetables such as carrots or bell peppers for extra flavor and nutrition.

### *Protein boost:*

For added protein, consider adding chickpeas or lentils to the soup.

### *Save for later:*

This soup can be stored in the refrigerator for up to 4 days, and it also freezes well for up to 3 months.

# Michigan Cherry Salad Chicken Wraps

**SERVES:** 4

**PREP TIME:** 15 minutes

## Ingredients

*For the Dressing:*

1/4 cup olive oil

2 tablespoons apple cider vinegar (or balsamic vinegar)

1 tablespoon honey or maple syrup

1 teaspoon Dijon mustard

Salt and pepper to taste

4-6-inch sandwich wrap rounds of your choice

*For the Salad:*

2 cups mixed greens (such as spinach, arugula, or spring mix)

1 cup cooked chicken breast, shredded or diced (grilled or rotisserie chicken works well)

1 cup fresh or frozen Michigan cherries, pitted and halved (if using frozen, thaw and drain them)

1/2 cup crumbled feta cheese (or goat cheese)

1/4 cup toasted walnuts or pecans

1/4 cup thinly sliced red onion

1/4 cup sliced cucumber or avocado (optional)

## Instructions

*Prepare the Dressing:*

In a small bowl or jar, whisk together the olive oil, apple cider vinegar, honey, Dijon mustard, salt, and pepper until well combined. Adjust seasoning to taste. If using a jar, you can shake it to combine.

*Make the Salad:*

In a large bowl, combine the mixed greens, cooked chicken, Michigan cherries, feta cheese, toasted walnuts or pecans, and red onion. If you're using cucumber or avocado, add them in as well.

Drizzle the dressing over the salad and toss gently to combine, ensuring all ingredients are coated with the dressing. Divide the salad among each wrap, fold, and enjoy immediately for the freshest taste.



### *Change it up:*

You can season the chicken with salt, pepper, and any other spices you like before cooking it for added flavor.

### *Adapt:*

If fresh cherries are out of season, dried cherries can be used, but consider soaking them in warm water or juice for a few minutes to soften them.

### *Add on:*

Feel free to add other ingredients like sliced strawberries, blueberries, or even quinoa for extra texture and flavor.

## Pantry Grain Bowls 2 Ways: Mediterranean Grain Bowl with Creamy Dressing

**SERVES:** 2 - 4

**PREP TIME:** 25 minutes

### Ingredients

*For the Creamy Dressing:*

1/4 cup plain Greek yogurt  
(or dairy-free yogurt)

2 tablespoons olive oil

1 tablespoon lemon juice  
(about half a lemon)

1 clove garlic, minced  
(or 1/4 teaspoon garlic powder)

1/2 teaspoon dried oregano

Salt and pepper to taste

*For the Bowl:*

1 cup cooked grain (quinoa,  
farro, or brown rice)

2 cups baby spinach,  
loosely packed

1/2 cup canned chickpeas,  
drained and rinsed

1/2 cup cucumber, diced

1/4 cup Kalamata olives,  
pitted and halved

1/4 cup feta cheese, crumbled

1/4 cup red onion, thinly sliced

1/4 cup pepperoncini, sliced

Salt and pepper to taste



### Instructions

If you haven't cooked your grain yet, prepare it according to package instructions. Allow it to cool slightly after cooking.

*Make the Creamy Dressing:*

In a small bowl, whisk together the Greek yogurt, olive oil, lemon juice, minced garlic, dried oregano, salt, and pepper until smooth and creamy. Adjust seasoning to taste.

*Assemble the Bowl:*

In a large bowl or individual serving bowls, start with a base of cooked grain. Layer the baby spinach on top, followed by the chickpeas, diced cucumber, Kalamata olives, feta cheese, red onion, and pepperoncini.

Drizzle the creamy dressing over the assembled bowls. Toss gently to combine or leave it layered for a beautiful presentation.

## Pantry Grain Bowls 2 Ways: Southwest Grain Bowl

**SERVES:** 2 - 4

**PREP TIME:** 25 minutes

### Ingredients

*For the Dressing:*

1/4 cup olive oil

2 tablespoons lime juice  
(about 1 lime)

1 teaspoon honey or  
maple syrup (optional)

1/2 teaspoon garlic powder

1/2 teaspoon cumin

Salt and pepper to taste

*For the Bowl:*

1 cup quinoa (rinsed)

2 cups water or vegetable broth

1 can (15 oz) black beans,  
drained and rinsed

1 cup pico de gallo  
(store-bought or homemade)

1 ripe avocado, diced

1/4 cup fresh cilantro, chopped

Juice of 1 lime

Salt and pepper to taste



### Instructions

In a medium saucepan, combine the rinsed quinoa and water (or vegetable broth). Bring to a boil, then reduce heat to low, cover, and simmer for about 15 minutes or until the quinoa is fluffy and water is absorbed. Remove from heat and let it sit for 5 minutes before fluffing with a fork.

*Prepare the Dressing:*

In a small bowl or jar, whisk together the olive oil, lime juice, honey (if using), garlic powder, cumin, salt, and pepper until well combined. Adjust seasoning to taste.

*Assemble the Bowl:*

In a large bowl, combine the cooked quinoa, black beans, pico de gallo, diced avocado, and chopped cilantro. Drizzle the dressing over the top and gently toss to combine. Squeeze additional lime juice over the top if desired.

Divide the mixture into individual bowls. Garnish with extra cilantro and lime wedges on the side.

Enjoy immediately, or refrigerate for a couple of hours if you want to prepare it in advance.



*Make ahead:*

These bowls are great as a meal prep option.

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## *Evening Comfort:* Reliable and Restorative Dinners

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STRONG STARTS

MIDDAY FUEL

EVENING COMFORT

SWEET MOMENTS

# Pan-Seared Chicken Thighs with Sautéed Onions, Mushrooms, and Rice

**SERVES:** 4 - 6

**PREP TIME:** 45 minutes

## Ingredients

4 bone-in, skin-on chicken thighs

Salt and pepper, to taste

2 tablespoons olive oil

1 medium onion, sliced

8 ounces mushrooms, sliced  
(cremini or button mushrooms work well)

2 cups cooked rice  
(white or brown)

1 cup chicken broth

1 teaspoon garlic powder  
(optional)

1 teaspoon dried thyme or  
rosemary (optional)

Fresh parsley, chopped  
(for garnish)



## Instructions

Preheat your oven to 375°F (190°C).

Pat the chicken thighs dry with paper towels. Season both sides generously with salt and pepper.

In a large oven-safe skillet, heat the olive oil over medium-high heat. Once hot, add the chicken thighs, skin side down. Sear for about 5-7 minutes until the skin is golden brown and crispy. Flip the chicken and cook for another 5 minutes. Remove the chicken from the skillet and set aside.

In the same skillet, add the sliced onions and mushrooms. Sauté for about 5-7 minutes until the onions are translucent and the mushrooms are browned. If desired, sprinkle with garlic powder and thyme or rosemary for added flavor.

Add the cooked rice to the skillet, stirring to combine with the onions and mushrooms. Pour in the chicken broth, mixing everything well.

Place the seared chicken thighs on top of the rice mixture, skin side up.

Transfer the skillet to the preheated oven and bake for about 20-25 minutes, or until the chicken is cooked through and reaches an internal temperature of 165°F (75°C).

Once done, remove the skillet from the oven. Let it sit for a few minutes. Garnish with fresh parsley before serving.

# Sheet Pan Salmon Burgers with Roasted Potato Wedges

**SERVES:** 4

**PREP TIME:** 35 minutes

## Ingredients

*For the Potato Wedges:*

4 medium-sized potatoes  
(Russet or Yukon Gold),  
cut into wedges

2 tablespoons olive oil

1 teaspoon paprika

1 teaspoon garlic powder

1/2 teaspoon salt

1/2 teaspoon black pepper

Fresh parsley, chopped  
(for garnish)

*For the Salmon Burgers:*

1 lb fresh salmon fillets,  
skin removed

1/4 cup breadcrumbs  
(panko or regular)

1/4 cup mayonnaise

1 tablespoon Dijon mustard

1 tablespoon fresh lemon juice

1 tablespoon fresh dill, chopped  
(or 1 teaspoon dried dill)

1 garlic clove, minced

Salt and pepper, to taste

1/4 cup green onions, chopped

1 egg, beaten

Olive oil spray or oil for brushing

## Instructions

Preheat your oven to 425°F (220°C).

*Prepare the Potato Wedges:*

In a large bowl, toss the potato wedges with olive oil, paprika, garlic powder, salt, and pepper until evenly coated. Spread the wedges in a single layer on one side of a large baking sheet.

*Prepare the Salmon Burgers:*

In a food processor, add the salmon fillets and pulse until coarsely chopped (don't over-blend; you want some texture).

In a large bowl, combine the chopped salmon, breadcrumbs, mayonnaise, Dijon mustard, lemon juice, dill, minced garlic, green onions, salt, pepper, and the beaten egg. Mix until just combined.

Form the mixture into 4 equal patties.

Place the salmon burger patties on the other side of the baking sheet, leaving space between them. Lightly spray or brush the patties with olive oil.

Place the baking sheet in the preheated oven and roast for 20-25 minutes, or until the potato wedges are golden and crispy, and the salmon burgers are cooked through (internal temperature should reach 145°F or 63°C).

Once done, remove from the oven and let cool for a few minutes. Garnish the potato wedges with fresh parsley. Serve the salmon burgers on buns with your choice of toppings (lettuce, tomato, avocado, etc.) alongside the roasted potato wedges.

# Cod or Shrimp Pomodoro with Creamy Polenta

**SERVES:** 4 - 6

**PREP TIME:** 40 minutes

## Ingredients

*For the Creamy Polenta:*

1 cup polenta (cornmeal)

4 cups water or chicken broth

1/2 cup heavy cream or milk

1/2 cup grated Parmesan cheese

Salt and pepper, to taste

2 tablespoons butter

*For the Pomodoro:*

1 lb cod fillets or 1 lb shrimp,  
peeled and deveined

2 tablespoons olive oil

4 cloves garlic, minced

1 medium onion, diced

1 can (14 ounces) crushed  
tomatoes

1 teaspoon dried oregano

1 teaspoon dried basil

1/4 teaspoon red pepper flakes  
(optional)

Salt and pepper, to taste

Fresh basil leaves, for garnish

Grated Parmesan cheese,  
for serving

## Instructions

*Prepare the Creamy Polenta:*

In a saucepan, bring the water or chicken broth to a boil. Once boiling, slowly whisk in the polenta.

Reduce the heat to low and cook, stirring frequently, for about 20-25 minutes, or until the polenta is thickened and creamy.

Stir in the heavy cream or milk, Parmesan cheese, butter, and season with salt and pepper to taste. Keep warm while preparing the pomodoro.

*Make the Pomodoro:*

In a large skillet, heat the olive oil over medium heat. Add the diced onion and sauté until translucent, about 5 minutes.

Add the minced garlic and cook for another minute until fragrant.

Stir in the crushed tomatoes, oregano, basil, red pepper flakes, salt, and pepper. Simmer for about 10 minutes, allowing the flavors to meld.

If using cod, place the fillets gently into the sauce and simmer for about 5-7 minutes, or until the fish is cooked through and flakes easily with a fork. If using shrimp, add them to the sauce and cook for about 3-5 minutes, until they turn pink and opaque.

Spoon the creamy polenta onto plates and top with the cod or shrimp pomodoro. Garnish with fresh basil leaves and a sprinkle of grated Parmesan cheese.

# Vegan Creamy Pesto Pasta

**SERVES:** 4 - 6

**PREP TIME:** 25 minutes

## Ingredients

*For the Pesto:*

2 cups fresh basil leaves

1/2 cup pine nuts (or walnuts)

3 cloves garlic, minced

1/4 cup nutritional yeast

1/4 cup olive oil

Juice of 1 lemon

Salt and pepper, to taste

*For the Cream Sauce:*

1 cup raw cashews, soaked  
in water for at least 2 hours  
(or overnight)

1/2 cup water (more as needed)

2 tablespoons nutritional yeast

1 tablespoon lemon juice

Salt and pepper, to taste

*For the Pasta:*

12 ounces pasta of choice  
(like spaghetti, penne,  
or fettuccine)

1 cup cherry tomatoes,  
halved (optional)

Fresh basil leaves, for garnish

Additional pine nuts,  
for garnish (optional)



## Instructions

*Make the Pesto:*

In a food processor, combine the basil leaves, pine nuts, minced garlic, nutritional yeast, lemon juice, salt, and pepper. Pulse until finely chopped.

With the processor running, slowly drizzle in the olive oil until the pesto reaches a smooth consistency. Adjust seasoning to taste and set aside.

*Prepare the Cream Sauce:*

Drain and rinse the soaked cashews. In a blender, combine the cashews, water, nutritional yeast, lemon juice, salt, and pepper. Blend until smooth and creamy, adding more water if needed to achieve your desired consistency.

*Prepare the Pasta:*

Bring a large pot of salted water to a boil. Add the pasta and cook according to package instructions until al dente. Reserve about 1/2 cup of pasta water, then drain the pasta.

In a large mixing bowl, combine the cooked pasta with the creamy sauce and pesto. Toss until the pasta is well-coated. If the mixture is too thick, add a little reserved pasta water to loosen it up.

If using, gently fold in the halved cherry tomatoes. Serve the pasta warm, garnished with fresh basil leaves and additional pine nuts if desired.

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## *Sweet Moments:* Delicious Desserts and Treats

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# Sour Cream Pound Cake with Roasted Strawberries

**SERVES:** 6 - 8

**BAKE TIME:** 60 - 70 minutes

## Ingredients

*For Cake Batter:*

1 cup unsalted butter, softened

1 cup coconut sugar  
(or 2 cups granulated sugar)

4 large eggs

1 teaspoon vanilla extract

1 cup sour cream

2 cups all-purpose flour  
(or whole wheat flour for  
added nutrition)

1 teaspoon baking powder

1/2 teaspoon baking soda

1/4 teaspoon salt

*For the Roasted Strawberries:*

2 cups fresh strawberries,  
hulled and halved

1 tablespoon coconut sugar  
(optional, adjust based  
on sweetness preference)

1 tablespoon lemon juice

1 teaspoon vanilla extract

## Instructions

Preheat your oven to 350°F (175°C) and place rack in the middle position. Grease and flour a 9x5 inch loaf or bundt pan.

*Make the Cake Batter:*

In a large mixing bowl, whisk together the softened butter and coconut sugar until light and fluffy.

Add the eggs one at a time, mixing well after each addition. Stir in the vanilla extract. Mix in the sour cream until well combined.

In a separate bowl, whisk together the flour, baking powder, baking soda, and salt.

Gradually add the dry ingredients to the wet mixture, mixing until just combined. Be careful not to overmix.

Pour the batter into the prepared loaf pan and smooth the top.

Bake for 60-70 minutes or until a toothpick inserted into the center comes out clean.

Allow the cake to cool in the pan for about 10 minutes, then transfer it to a wire rack to cool completely.

*Roast the Strawberries:*

While the cake is cooling, prepare the strawberries. Increase your oven to 400°F (200°C).

In a bowl, toss the halved strawberries with coconut sugar, lemon juice, and vanilla extract.

Spread the strawberries on a baking sheet and roast for about 15-20 minutes, or until they are soft and juicy.

Once the pound cake has cooled, slice it and serve with the roasted strawberries on top. You can drizzle any juices from the strawberries over the cake for extra flavor.

# Chocolate Raspberry Smoothie

**MAKES:** one 8 ounce glass or  
two 4 ounce glasses

**PREP TIME:** 5 minutes

## Ingredients

1 cup frozen raspberries

1 medium ripe banana

1 cup unsweetened almond milk  
or your preferred milk

2 tablespoons unsweetened  
cocoa powder

1-2 tablespoons honey  
or maple syrup

1 scoop chocolate  
protein powder (optional)

1/2 avocado (optional)

1/2 teaspoon vanilla extract

Ice cubes (optional,  
for a thicker texture)



## Instructions

### *Prepare the Ingredients:*

If you're using fresh raspberries, you can freeze them for a thicker smoothie. Also, peel the banana and cut it into chunks for easier blending.

### *Blend the Smoothie:*

In a blender, combine the frozen raspberries, banana, almond milk, cocoa powder, honey or maple syrup, and vanilla extract. If you're adding protein powder or avocado, include them now.

Blend until smooth. If you prefer a thicker smoothie, add ice cubes and blend again. You can also adjust the thickness by adding more almond milk if desired.

Taste the smoothie and add more sweetener if needed. Blend again to combine.

Pour the smoothie into a glass and enjoy immediately. You can garnish it with a few fresh raspberries or a sprinkle of cocoa powder on top.



### *Have it anytime:*

This chocolate raspberry smoothie is not only delicious but also packed with nutrients, making it a great snack or meal replacement.

# Pazazz Apple and Cranberry Crumble

**SERVES:** 4 - 6

**PREP TIME:** 35 minutes

## Ingredients

### *For the Filling:*

4 medium apples, peeled, cored, and sliced (choose a mix of sweet and tart apples like Pazazz and Granny Smith)

1 cup fresh or frozen cranberries

1 teaspoon cinnamon

1 teaspoon vanilla extract

1 tablespoon lemon juice

### *For the Crumble Topping:*

1 cup rolled oats

1/2 cup almond flour  
(or whole wheat flour)

1/2 cup chopped nuts  
(like walnuts or pecans)

1/4 teaspoon salt

1/2 teaspoon cinnamon

1/4 cup coconut oil  
or unsalted butter, melted

1 teaspoon vanilla extract



## Instructions

Preheat your oven to 350°F (175°C).

### *Prepare the Filling:*

In a large bowl, combine the sliced apples, cranberries, cinnamon, vanilla extract, and lemon juice. Toss until the fruit is evenly coated.

Pour the fruit mixture into a greased 8x8 inch baking dish or a similar-sized oven-safe dish.

### *Make the Crumble Topping:*

In another bowl, mix the rolled oats, almond flour, chopped nuts, salt, and cinnamon.

Add the melted coconut oil and vanilla extract to the dry ingredients. Stir until the mixture is well combined and crumbly.

Evenly spread the crumble topping over the apple and cranberry filling in the baking dish.

Bake in the preheated oven for 30-35 minutes, or until the apples are tender and the topping is golden brown.

Allow to cool slightly before serving. This crumble is delicious on its own or served with a dollop of plain yogurt or a scoop of unsweetened whipped coconut cream.

# Granny's Pecan Pie

**SERVES:** 6 - 8

**BAKE TIME:** 40 minutes

## Ingredients

*For the Crust:*

1½ cups whole wheat flour  
(or your choice of flour)

½ cup unsalted butter,  
chilled and cubed

2 tablespoons coconut sugar  
(or brown sugar)

¼ teaspoon salt

5-6 tablespoons ice water

*For the Filling:*

1½ cups toasted pecans,  
roughly chopped

3 large eggs

½ cup maple syrup (or honey)

¼ cup coconut sugar  
(or brown sugar)

1 teaspoon vanilla extract

¼ teaspoon salt

½ teaspoon ground cinnamon  
(optional)

1 tablespoon melted butter  
(optional)

## Instructions



*Buy it:*

You can always buy store-bought pie crust, I always do.

*Prepare the Crust:*

In a large bowl, mix the flour, coconut sugar, and salt. Add the chilled butter and use a pastry cutter or your fingers to blend until the mixture resembles coarse crumbs.

Gradually add ice water, one tablespoon at a time, mixing until the dough just comes together. Form it into a disk, wrap in plastic wrap, and refrigerate for at least 30 minutes.

*Toast the Pecans:*

Preheat your oven to 350°F (175°C). Spread the pecans on a baking sheet and toast for about 8-10 minutes, stirring halfway through, until fragrant and lightly browned. Let them cool.

\*Sometimes you can find store-bought toasted pecans, if you do, buy them!

*Make the Filling:*

In a large bowl, whisk together the eggs, maple syrup, coconut sugar, vanilla extract, salt, and cinnamon (if using). Stir in the melted butter if you want a richer flavor.

Gently fold in the toasted pecans.

*Assemble and Bake the Pie:*

Preheat the oven to 350°F (175°C) if it's not already. Roll out the chilled dough on a floured surface and fit it into a 9-inch pie pan. Trim and crimp the edges as desired.

Pour the pecan filling into the prepared crust, spreading it evenly.

Bake for 35-40 minutes, or until the filling is set and the crust is golden. If the edges of the crust start to brown too quickly, cover them with foil.

Allow the pie to cool at room temperature for at least 2 hours before slicing. This will help the filling set up nicely. Serve with a dollop of your favorite whipped cream.

## Kitchen math made simple

Whether you're doubling a recipe or working with whatever tools you have on hand, these simple conversions help take the guesswork out of cooking. Use this chart as a reference to quickly swap between teaspoons, tablespoons, cups, ounces, and more.

### Measurement abbreviations

<b>tbsp</b>	=	Tablespoon
<b>tsp</b>	=	Teaspoon
<b>fl oz</b>	=	Fluid ounce
<b>oz</b>	=	Ounce
<b>c</b>	=	Cup
<b>gal</b>	=	Gallon
<b>pt</b>	=	Pint
<b>qt</b>	=	Quart
<b>lb</b>	=	Pound
<b>F</b>	=	Fahrenheit
<b>C</b>	=	Celsius

### Oven temperatures

Fahrenheit	Celsius
275°F	140°C
300°F	150°C
325°F	165°C
350°F	180°C
375°F	190°C
400°F	200°C
425°F	220°C
450°F	230°C
475°F	240°C

### Common Measurement Conversions

1 tablespoon	=	3 teaspoons	=	½ fluid ounce
2 tablespoons	=	⅛ cup	=	1 fluid ounce
4 tablespoons	=	¼ cup	=	2 fluid ounces
5 tablespoons + 1 teaspoon	=	⅓ cup	=	2 ⅔ fluid ounces
8 tablespoons	=	½ cup	=	4 fluid ounces
12 tablespoons	=	¾ cup	=	6 fluid ounces

<b>1 cup</b>	=	16 tablespoons	=	8 fluid ounces				
<b>1 pint</b>	=	2 cups	=	16 fluid ounces				
<b>1 quart</b>	=	2 pints	=	4 cups	=	32 fluid ounces		
<b>½ gallon</b>	=	2 quarts	=	8 cups	=	4 pints	=	64 fluid ounces
<b>1 gallon</b>	=	4 quarts	=	8 pints	=	16 cups	=	128 fluid ounces
<b>1 pound</b>	=	16 ounces						

#### Butter\*

½ stick	=	¼ cup	=	4 tablespoons
1 stick	=	½ cup	=	8 tablespoons
2 sticks	=	1 cup	=	16 tablespoons

\*Unsalted butter is recommended. If using salted butter, take this into account before adding any additional salt to a recipe.

## *Meals and support that meet you where you are*

When you're navigating ovarian cancer, even small moments—like a warm meal—can bring nourishment and connection. *Seasoned with Strength* was created by chef and ovarian cancer advocate, Elle Simone Scott, in partnership with the National Ovarian Cancer Coalition (NOCC) to share simple recipes, meal prep ideas, and thoughtful nutrition tips for those on this journey. **Here's to taking it day by day, one dish at a time.**

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*“These recipes aren’t about doing things perfectly—they’re about doing what works for you. So don’t be afraid to make the recipes in this book your own. They are here to inspire you. My hope is that they can help you connect with the people you love, and give you moments of comfort, joy, and normalcy along the way.”*

*– Elle*

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### *Find support through the National Ovarian Cancer Coalition*

Just like nourishing meals, having the right support can make a meaningful difference. The National Ovarian Cancer Coalition (NOCC) is one of the largest nonprofit advocacy organizations dedicated to supporting those impacted by ovarian cancer. NOCC works to raise awareness, fund research, and provide programs and services while building a strong national community for families living with ovarian cancer.

**Visit [ovarian.org](https://www.ovarian.org) to explore resources from the National Ovarian Cancer Coalition.**