



CF Family Advisory Council

ATLANTA, GEORGIA

This **EATING** stuff
is **HARD WORK!**

CYSTIC FIBROSIS RECIPE BOOK

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Recipes compiled from the Emory-Egleston CF Clinic Cookbook, "I'm hungry, What's there to eat?" and submissions from Atlanta-area CF caregivers.

Introduction	2
Tips and Tricks	4
Breakfast	6
Lunch	12
Snacks	14
Dips	16
Dinner	18
Shakes	25
Shakes & Supplements	27
Dessert	30



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This book was created by the CF Family Advisory Council, which serves as a cystic fibrosis parent advisory group to Emory–Children's Healthcare of Atlanta. The document was created independent of Children's and is intended to be a reference guide for caregivers of children with CF. Children's makes no endorsement of the book. — April 2012

Introduction

A highly nutritious, well balanced diet is important for everyone, and the CF patient is no exception. This means getting an adequate amount of each of the food groups. This is a simple way to ensure that the body is getting enough of the essential nutrients needed to maintain good health.



CF patients face an additional challenge when it comes to nutrition.

Many patients are pancreatic insufficient which means that their bodies cannot adequately break down fats, proteins, and vitamins. In addition to taking vitamin supplements and enzymes with meals and snacks, CF patients need to consume more calories in order to maintain their weight. Eating more food is often much harder for children than you'd think. Increasing the amount of calories and fat per serving of food is usually the better method for patients. This book is here to make that process a bit easier.

In it you will find easy to prepare recipes for breakfast, lunch, and dinner. You will find tips on how to add calories to your current favorite dishes, and how to pack a little something extra into meals when you dine out.

You will also find a comprehensive list of nutritional supplements available on the market (and some great homemade ones too). The cookbook will also touch on the use of pancreatic enzymes prescribed by your doctor and how differing types and serving sizes may affect the number of pills your child needs to take, but remember always contact your care team with any questions you may have about vitamins, enzymes, and/or other nutritional supplements.

Adjusting pancreatic enzymes

You're probably familiar with the terms *fat*, *carbohydrate*, and *protein*. These are called macronutrients, and they refer to the different chemical structures contained in the foods we eat. Our bodies break down each of these food types differently. Pancreatic enzymes are essential for digesting fats, proteins, and complex carbohydrates.

If a CF patient is having an apple for a snack, no enzymes should be taken. This is because an apple contains simple carbohydrates, and therefore no enzymes are required to digest it. If protein and/or fat are added to the apple, like in peanut butter, enzymes would be needed.

An extremely large or high fat meal may require additional enzymes in order to be fully absorbed. Not taking enough enzymes with such a meal can result in loose or oily stools and intestinal discomfort. Plus it wastes the hard work your child did to eat all that food.

Always work with your CF physician and/or nutritionist in order to determine the right dosage of enzymes for different meals and snacks. Each patient's needs will be different based on their level of insufficiency and patients profile (i.e. weight, height, etc).

Tips and Tricks

Adding Calories & Fat

Use half & half or heavy cream

Many recipes call for milk. Replacing all or part of the milk with half & half or heavy cream can add an impressive caloric boost. Add it to everyday dishes such as oatmeal, cereal, or mashed potatoes.

Avoid 'low fat' and 'fat free' foods

Many foods that are labeled 'low fat' or 'fat free' require added sugar to become palatable. You're better off with the normal versions of such foods. Always choose full fat dairy and salad dressings.

Butter (and salt) your veggies

Buttering vegetables makes them oh so yummy, and increases the calories significantly. Adding salt doesn't increase the calories, but it does make them even tastier; and CF patients need a lot of salt.

Be salad bar savvy

While eating out or at school, salads are a great option for a nutritious meal. In order to increase the calories and fat, make sure to add items such as nuts, seeds, croutons, hardboiled eggs, cheese, and/or creamy salad dressings.

Add high calorie condiments, dips, and dressings

Having a sandwich? Don't skimp on the mayo, bacon, or cheese. Throw a generous dollop of sour cream in your soup or chili. Condiments and dips can pack a huge calorie punch!

- Barbecue Sauce - 100 calories per 1/4 cup
- Blue cheese dressing - 150 calories per 2 Tbsp
- Butter - 100 calories per Tbsp
- Cream cheese - 150 calories per 2 Tbsp
- Goat cheese - 75 calories per oz
- Gravy (canned, turkey) - 120 calories per cup
- Half and half - 40 calories per 2 Tbsp
- Hot fudge - 140 calories per 2 Tbsp
- Maple syrup - 100 calories per 2 Tbsp
- Mayonnaise - 180 calories per 2 Tbsp
- Oil, corn, peanut, and olive - 110 calories per Tbsp
- Onion Dip - 140 calories per 1/4 cup
- Peanut butter - 185 calories per 2 Tbsp
- Ranch dressing - 150 calories per 2 Tbsp
- Sour cream - 60 calories per 2 Tbsp
- Whipped cream topping - 150 calories per cup

BREAKFAST

PB&J French Toast

www.kidshealth.org "Recipes for Kids with CF"

Submitted by Liz Revilla

This interesting twist on the traditional breakfast favorite is easy to make and a great way to start off the day.

4 slices whole wheat bread
1/4 c. peanut butter
2 Tbs. jelly
2 eggs
1/4 c. heavy cream
3 tbsp. butter

Spread peanut butter on two slices of bread. Spread jelly on the other two slices of bread. Put one slice of each together to form sandwiches. In a mixing bowl, lightly beat eggs and cream together. Melt butter in large skillet over medium heat. Dip sandwiches in egg mixture, coating well. Place in skillet and brown both sides. Serve immediately.

Nutritional Information (per sandwich)

Calories 703

Protein 20g

Fat 53g

Sodium 738mg

Calcium 99mg

Super Banana-Nut Muffins

Submitted by Liz Revilla

These muffins are a great breakfast idea for busy school mornings. Whip up a batch on the weekend, and have a healthy, high-calorie breakfast in no time!

1 stick butter (8 Tbs.)
1 1/2 c. sugar
2 eggs
2 cups flour
1 tsp. salt

Page 7

½ tsp. baking soda
2 medium bananas, mashed (about 1 c.)
½ tsp. vanilla
½ c. sour cream
2 c. chopped walnuts or pecans

Preheat oven to 400 degrees F. Mix together the butter and sugar, then the eggs. Mix together the dry ingredients first, then add to the butter/sugar/egg mixture. Next add the banana, sour cream, and vanilla. Last add the nuts. Place the mixture into a non-stick pan that has 6 LARGE muffin tins. Bake at 400 degrees F for 25-30 minutes or until browned.

Nutritional Information (per muffin)

Calories 835

Fat 47gm

Carbohydrate 97gm

Protein 14gm

Note: If you're not the baking type, you can also buy pre-made and pre-wrapped muffins in many flavors from companies like Otis Spunkmeyer or Kirkland brand (Costco), which have 500-600 calories each. Also, muffins from fast-food restaurants such as Starbucks or Dunkin Donuts are good high-calorie choices, and usually have about 450-500 calories each. Yum!

Egg in a Hole

Submitted by Pam Baker

1 slice of bread heavily buttered on both sides, with hole cut out of center
1 egg cracked into the center of the bread

Cook in a skillet to desired amount and serve! My son LOVES this!

Nutritional Information (using white bread and 2 tbsp butter)

Calories 290

Fat 28gm

Carbohydrate 5gm

Protein 7gm

Rachel Ray's Corn Muffins with Bacon Bits and Cheddar Cheese

Submitted by Kendra Losch

6 slices bacon, chopped
1 box corn muffin mix plus ingredients according to package directions
1 rounded tsp. smoked sweet paprika
3 to 4 finely chopped chives
 $\frac{1}{3}$ lb. brick sharp yellow cheddar, chopped into $\frac{1}{4}$ inch dices

Preheat oven to muffin mix package directions. Drizzle a little olive oil in a small skillet and place over medium-high heat. Add bacon to hot pan and crisp, 5-6 minutes. Remove from pan and drain on paper towel. Set aside. Prepare the muffin mix and muffin tin to package directions. Stir in paprika, chives, chopped cheese and crisp bacon bits. Fill muffin tins and bake until golden brown.

Nutritional Information (per serving,, divided into 6-8 servings)

Calories 318

Fat 13g

Carbohydrates 27g

Protein 10g

Sodium 413mg

Emily's Breakfast Burrito

Submitted by Emily Stalling

1 burrito-size flour tortilla
2 Jimmy Dean sausage patties, cut up into pieces
 $\frac{1}{4}$ cup shredded cheddar cheese
 $\frac{1}{4}$ cup potatoes with butter and salt (can use leftovers from the night before)

Wrap all ingredients inside tortilla and microwave for 1-2 minutes. You could also add eggs, bacon, ham, veggies, salsa, etc if desired.

Nutritional Information (per burrito)

Calories 644

Fat 41g

Carbohydrates 48g

Proteins 24g

Sodium 1475mg

Paula Dean's Sweet Potato Biscuits

Submitted by Kendra Losch

1 $\frac{1}{4}$ cups all purpose flour
2 heaping Tbs. sugar
4 tsp. baking powder
 $\frac{1}{2}$ tsp. salt
 $\frac{3}{4}$ cup mashed cooked sweet potatoes
 $\frac{1}{4}$ cup (half stick) softened butter

2 to 4 Tbsp. milk (depending on the amount of moisture of the potatoes). Preheat the oven to 450. Sift together flour, sugar, baking powder and salt. In a separate large bowl, mix sweet potatoes and butter. Add the flour mixture to the potato mixture and mix to make soft dough. Then add milk a Tbsp at a time to mixture and continue to cut in. Turn the dough out onto a floured board and toss lightly until outside of the dough looks smooth. Roll the dough out to $\frac{1}{2}$ inch thick and cut with biscuit cutter. Place the biscuits on a greased pan and coat tops with melted butter. Bake for about 15 minutes until golden brown. Makes about 12 large biscuits.

Nutritional Information (per biscuit)

Calories 110

Fat 4g

Carbohydrates 15 g

Protein 2g

Sodium 130mg

Cottage Cheese Waffles

Submitted by Kendra Losch

1 cup (8 oz.) cream-style cottage cheese, undrained
6 eggs
 $\frac{1}{4}$ cup vegetable oil
 $\frac{1}{2}$ tsp. vanilla extract
 $\frac{1}{2}$ cup all purpose flour
 $\frac{1}{4}$ tsp. salt

In blender, combine the cottage cheese, eggs, oil and vanilla. Cover and process until well combined. Add the flour and salt, process until smooth. Bake in a pre-heated waffle iron according to the manufacturer's directions until golden brown. Makes 4 waffles. If cream-style cottage cheese is unavailable, use large curd cottage cheese.

Nutritional Information (per waffle)

Calories 345

Fat 24g

Carbohydrates 15g

Protein 17g

Sodium 303mg

Sausage and Cheese English Muffins

Submitted by Kendra Losch

16 oz. (1 pound) Jimmy Dean sausage (in tube)

8 oz. Velveeta cheese in a block

1 package English muffins

Remove sausage from sleeve and crumble into small pieces. Cook thoroughly. Add Velveeta cheese and stir together with sausage until completely melted. Slice English muffins and place sausage and cheese mixture on top and place onto a baking sheet. Cook in the oven until edges of muffin are toasted. These can be made ahead of time and frozen. To reheat just remove from freezer the day before and place on a cookie sheet in a 350 oven until heated thru.

Nutritional Information (per serving)

Calories 470 calories

Fat 30g

Carbohydrates 30g

Protein 22g

Sodium 1362mg

Monkey Bread

Submitted by Kendra Losch

½ cup sugar

1 tsp. cinnamon

2 cans (16.3 oz ea.) Pillsbury Grands Homestyle refrigerated biscuits

½ cup chopped walnuts (if desired)

½ raisins (if desired)

1 cup packed brown sugar

¾ cup butter, melted

Heat oven to 350. Lightly grease 12-cup fluted pan with shortening or cooking spray. In large food-storage plastic bag, mix sugar and cinnamon. Separate dough into 16 biscuits; cut each into quarters. Shake in bag to coat. Arrange in pan, adding walnuts and raisins among the biscuit pieces. In small bowl, mix brown sugar

and butter and pour over biscuit pieces. Bake 28-32 minutes or until golden brown and no longer doughy in the center. Cool in pan 10 minutes. Turn upside down onto serving plate; pull apart to serve. Serve warm.

Nutritional Information (per serving, recipe makes 12 servings)

Calories 450

Total fat 22g

Carbohydrates 58g

Protein 5g

Sodium 890mg

Double-Buttered Toast

Submitted by Marchet Butler

Butter

Bread

My little CFer loves toast, so we found a way to get twice the butter on the bread. Spread butter on bread before toasting it open-faced in the toaster oven. Then, after it's toasted, spread another layer of butter on top.

Nutritional Information (using white bread and 4 tbsp butter)

Calories 431

Fat 46gm

Carbohydrate 5gm

Protein 1gm

Microwave Scrambled Egg and Cheese

Submitted by Marchet Butler

Egg

Shredded Cheese

This is a great dish that little ones can help make. Crack egg into microwaveable bowl. Add a bit of water (to make the egg fluffier). Beat with fork. Mix in cheese. Microwave on high for approximately 1 min. Watch to make sure it doesn't over-heat in the microwave. Top with more cheese.

Nutritional Information (using 1/4 cup shredded cheese)

Calories 177

Fat 14gm

Carbohydrate 1gm

Protein 13gm

LUNCH

Sunbutter Sandwich

Submitted by Brandi Jones

2 Tbsp sunbutter made from sunflower seeds (high calorie & healthy fats)
2 slices whole wheat bread

Spread sunbutter on slice of whole wheat bread and top with another slice to make a sandwich. It's really tasty, great for children with nut allergies and super healthy too!

Nutritional Information

Calories 285

Fat 19.3g

Carbohydrates 48.8g

Protein 14.3g

Sodium 426mg

Fully Loaded Pasta

Submitted by Samantha DePriest

1 can of Campbell's Chunky Fully Loaded Creamy Chicken Alfredo Soup
A 16 oz box of your favorite pasta

Heat soup according to can. Boil water and cook pasta according to box. Drain pasta and pour soup over pasta. This is a quick and tasty recipe loaded with calories, fat, protein and sodium.

Nutritional Information (per serving, divided into 4 servings)

Calories 485

Fat 10g

Carbohydrates 76g

Protein 24g

Sodium 435mg

Double Decker Grilled Cheese

Recipe submitted by Matthew Brock

3 slices whole wheat bread

Page 13

2 slices cheddar (or your favorite kind) cheese
2 Tablespoons butter

Spread 1 Tbs. butter on 1 slice of bread and put in frying pan over medium heat. Add 1 slice of cheese, 1 slice of bread, another slice of cheese and last slice of bread. Spread butter over top slice of bread and flip over. Cook until brown and cheese is melted. Enjoy!

This would also be great with some cream of tomato soup made with whole milk or half and half!

Nutritional Information (whole recipe)

Calories 744

Fat 49g

Carbohydrates 60g

Protein 24g

Sodium 914mg

Macaroni & Cheese

Submitted by Samantha DePriest

1 16 oz box of favorite whole wheat pasta
1 jar of Ragu Double Cheddar (found near tomato sauce)
1 10 oz. frozen chopped spinach
2 cups cheddar cheese
1 16 oz. sour cream

Preheat oven to 350 degrees. Boil water and make pasta, drain, and pour into greased casserole dish. Rinse, thaw, and drain spinach. Squeeze out all extra water. Mix Ragu Double Cheddar, shredded cheddar cheese, sour cream, and spinach until well blended. Pour cooked pasta and mixture into casserole dish and cook for 30 minutes or until cheese gets light brown and crunchy. Tastes great reheated too so it's a dish that can be made ahead.

Nutritional Information (per serving, divided into 4 servings)

Calories 1036

Fat 62g

Carbohydrates 81g

Protein 40g

Sodium 1460mg

SNACKS

Trail Mix

Submitted by Liz Revilla

This is a great “on the go” snack that you can make ahead of time, package into single servings, and take to school, sports practice, or in the car. Easy to modify based on you or your child’s individual preferences!

- 1/2 cup sunflower seeds
- 1/2 cup pumpkin seeds
- 1 cup raisins
- 3/4 cup whole peanuts
- 3/4 cup shredded coconut, toasted
- 3/4 cup chocolate chips

Optional:

Try substituting your favorite nuts: walnuts, cashews, pistachios, almonds, or brazil nuts. Try adding your favorite dried fruit: apricot, apple, banana, cranberry, pear or pineapple. Try substituting Chex mix, Goldfish, pretzels, chocolate-covered pretzels, etc. Try using white chocolate chips, butterscotch chips, miniature marshmallows, M&M’s or Reese’s pieces.

Mix all ingredients together. Store in tightly covered container or individual plastic bags. Eat plain or serve over ice cream or frozen yogurt.

Nutritional analysis (per serving, divided into 8 servings, 1/2 cup each)

(Will vary depending on ingredients used.)

Calories 340

Fat 18g

Carbohydrate 27g

Protein 9g

Easy Snacks

Submitted by Marchet Butler

1 Large Apple with 2 tbsp Peanut or Almond Butter (300 calories, 17g fat)

12 Baby Carrots with 1/2 cup of Hummus (250 calories, 10g fat)

1 cup of Pretzels with 1/2 cup of Cheese Dip (275 calories, 7g fat)

Cucumbers with 4 tbsp Ranch Dip (300 calories, 30g fat)

1 pc of String Cheese with 1 oz Raisins (170 calories, 6g fat)

Celery with 4 tbsp Pimento Spread (160 calories, 12g fat)

Grapes with 2 oz Cheese (160 calories, 12g fat)

5 Crackers with 1 tbsp Butter and 1 tbsp Jam (250 calories, 16g fat)

Emerald Sea Salt and Pepper Cashews

Submitted by Samantha DePriest

10 oz canister can be purchased at most grocery stores in the snack section

Serving size (1 oz)

Calories 160

Calories from fat 120

Fat 13g

Sodium 270mg

Protein 4g

DIPS

Creamy Pumpkin Dip

Submitted by Brandi Jones

8 oz. cream cheese, softened
2 c. powdered sugar
1 c. canned pumpkin
½ c. sour cream
1 tsp. cinnamon
1 tsp. pumpkin pie spice
½ tsp. ground ginger

In a large mixing bowl, beat cream cheese and powdered sugar until smooth. Then add in the remaining ingredients and beat until well blended. Chill and serve with vanilla wafers, graham crackers or fruit. Refrigerate leftovers, makes about 20 servings.

Nutritional Information (per 3 tbsp serving)

Calories 104

Fat 5g

Carbohydrates 14g

Protein 1g

Spinach Dip

Submitted by Mindy Belcher, from The Joy of Snacks, Nancy Cooper, RD

1 10 oz. package frozen chopped spinach (or 2 cups fresh spinach)
1 package Knorr Vegetable Soup Mix
1 cup mayonnaise
16 oz. sour cream
½ cup shredded carrots

If using frozen spinach, thaw and squeeze out water. Combine all ingredients. Chill for an hour. Great recipe to serve in hollowed out loaf of bread. Serve with fresh vegetables, bread cubes or crackers.

Nutritional Information (per serving, divided into 16 servings, 4 Tbs. each)

Calories 132

Fat 11g

Page 17

Protein 1.8g
Carbohydrate 7.4g
Fiber 0.7g

Cream Cheese Fruit Dip

Submitted by Amy Thomas

1 jar of jet-Puffed Marshmallow Crème (7 ounces)
1 package regular cream cheese (8 ounces)

Place all ingredients in large bowl and mix until smooth. Use for dipping fruit or other treats! You can use flavored cream cheese if desired. My daughter loves the strawberry and pineapple flavors! Don't have time to make your own dip? Try T. Marzetti's Cream Cheese Fruit Dip (in the produce section of the grocery store): 140 calories per ½ cup serving. Makes about 2 cups.

Nutritional Information (per ¼ cup serving)
Calories 185
Fat 10g
Carbohydrates 22g
Protein 2g

High Calorie Hummus

Submitted by Marchet Butler, adapted from www.veggiemealplans.com

2 c. cooked or canned chickpeas (also called garbanzo beans)
4-5 Tbs. of high fat Greek yogurt
1 Tbs. Tahini
Juice of half a lemon (lemon juice okay too)
Scant teaspoon of ground cumin
2 cloves garlic
Salt and pepper

Combine all ingredients and blend well. Taste as you go! You can add more of any of the ingredients if it doesn't taste right to you—just be careful with the salt. Blend as long as you like. Some people like it chunky, some people like it smooth. Season with salt and pepper to taste.

Nutritional Information (per ¼ cup serving)
Calories 385
Fat 8g
Carbohydrates 58g
Protein 23g

DINNER

Chicken Enchilada Casserole

Submitted by Brandi Jones

1 ½ pounds of cooked, chopped chicken
1 packet taco powder
1 can (15 oz.) enchilada sauce
3 c. cooked rice
3 c. crushed tortilla chips
1 can cream of mushroom chicken soup
Shredded cheese

Mix the taco powder into the chicken using a little water. Then stir in all other ingredients (except cheese). Pour mixture in to 9x13 pan and cover with shredded cheese. Bake at 350 for 20 min. Serve with additional tortilla chips and top with salsa and sour cream!

Nutritional Information (per serving, divided into 12 servings)

Calories 520

Fat 10g

Carbohydrates 85g

Protein 30g

Sodium 330mg

Black Bean & Chicken Quesadillas

Submitted by Samantha DePriest

1 jar black beans
1 cup shredded cheese
1 cup sour cream
Shredded cooked chicken
Soft tortilla wraps

Mix black beans and shredded cheese. Microwave until hot. Stir in sour cream and cooked chicken until thoroughly blended. Spread mixture onto tortilla wrap, fold over and serve.

Nutritional Information (per serving, divided into 4 servings)

Calories 595

Page 19

*Fat 27g
Carbohydrates 60g
Protein 35g
Sodium 1096mg*

Paula Dean's Creamy Macaroni and Cheese

Submitted by Kendra Losch

4 cups cooked elbow macaroni, drained (approx 2 cups uncooked)
2 cups grated cheddar cheese
3 eggs, beaten
½ cup sour cream
4 Tbs. butter, cut into pieces
½ tsp. salt
1 cup milk

Preheat oven to 350 degrees. After macaroni has been boiled and drained, add cheddar cheese while macaroni is still hot. Combine remaining ingredients and add to macaroni mixture. Pour into casserole dish and bake for 30 to 45 minutes. Top with additional cheese if desired.

Crock Pot Version

Ingredients listed above plus
½ cup grated cheddar cheese
1 can condensed Cheddar cheese soup
½ tsp. dry mustard
⅓ tsp. black pepper

Cook the macaroni until tender and drain. In a medium saucepan, mix butter and cheese. Stir until the cheese melts. In a slow cooker, combine cheese/butter mixture and add the eggs, sour cream, soup, salt, milk, mustard and pepper and stir well. Then add drained macaroni and stir again. Set the slow cooker on low setting and cook for 3 hours, stirring occasionally.

Nutritional Information (per serving, divided into 12 servings)

*Calories 270
Fat 16g
Carbohydrates 18g
Protein 10g
Sodium 435mg*

Hash Brown Casserole

Submitted by Samantha DePriest

1 package (2 lb.) frozen hash brown potatoes (thawed)
16 oz. sour cream
1 can cream of chicken soup
2 cups grated Cheddar cheese
1 Tbs. chopped onion (optional)
1 tsp. salt
Dash of pepper
½ cup melted butter
Saltine crackers, crushed

Preheat oven to 350 degrees. Combine all ingredients (except crackers) in a large mixing bowl, mix well. Pour mixture into a greased 9 x 13 casserole dish. Bake at 350 degrees for 50 minutes. Take out of oven and crush saltine crackers over the top, then return to oven for the last 10 minutes. (Total baking time - 1 hour)
We put ketchup on top when eating it with dinner, but it can be eaten as part of breakfast too. Tastes great reheated so it's a dish that can be made ahead.

Nutritional Information (per serving, divided into 6 servings)

Calories 630

Fat 46g

Carbohydrates 39g

Protein 17g

Sodium 790mg

Chicken & Broccoli Casserole

Submitted by Samantha DePriest

3-5 breasts of chicken, cooked & cubed
1 can cream of chicken soup
1 can of cheddar cheese soup
½ cup mayo
1 tsp. lemon juice
2 packs of frozen broccoli or equivalent of fresh broccoli, rinsed & drained
2 cups grated cheddar cheese
Saltine crackers, crushed

Cook chicken and cut into small, bite size pieces. Mix together cream of chicken soup, cheddar cheese soup, mayo, and lemon juice. Grease a 9 x 13 casserole pan. Put chicken down on bottom of pan, then broccoli, then soup mixture, then grated cheese, then crushed saltine crackers. Bake in oven for 35-40 minutes until bubbly.

Nutritional Information (per serving, divided into 4 servings)

Calories 661

Fat 37g

Carbohydrates 32g

Protein 46g

Sodium 1672mg

Italian Spinach Ricotta Pie

Submitted by Samantha DePriest

- 1 Tbs. butter
- 1 cup minced onion
- 1 10 oz. package frozen chopped spinach, thawed
- 1 15 oz. container ricotta cheese
- 2 eggs
- $\frac{3}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. pepper
- $\frac{1}{4}$ tsp. ground nutmeg
- $\frac{3}{4}$ cup freshly grated Parmesan cheese

Preheat oven to 350 degrees. Thoroughly drain spinach, using hands to squeeze out as much moisture as possible. Melt butter and fry onion until soft. Add spinach and stir until most of the moisture is gone. In large bowl add all the other ingredients to the spinach and stir until mixture looks like green and white marble. Pour into baked pie shell. Bake at 350 for about 40 minutes or until top is golden and filling set. Serve warm. Tastes great reheated too so it's a dish that can be made ahead.

Nutritional Information (per serving, divided into 6 servings)

Calories 350 calories

Fat 23g

Carbohydrates 16g

Protein 17g

Sweet Potato Casserole

Submitted by Samantha DePriest

- 1 cup packed brown sugar
- 1 cup chopped pecans
- $\frac{1}{2}$ cup self-rising flour
- $\frac{1}{2}$ cup (1 stick) butter
- 3 cups mashed cooked sweet potatoes
- 1 cup granulated sugar
- 1 cup coconut flakes

½ cup raisins
2 eggs, lightly beaten
1 tsp. vanilla extract
¼ cup heavy cream (optional)

For the topping, in a bowl combine the brown sugar, nuts, flour, and ¼ cup of the melted butter. Stir together with a fork and set aside.

In a large bowl, stir together the mashed cooked sweet potatoes, sugar, coconut, raisins, eggs, remaining butter, and vanilla. If the mixture seems to thick, stir in up to ¼ cup of heavy cream. Spoon into a large greased casserole (I sometimes use 9" square). Spread the topping over the sweet potatoes and bake at 350 degrees for 20-30 minutes, or until the topping is golden brown. Serves 6-8.

Nutritional Information (per serving, divided into 6 servings)

Calories 847

Fat:38g

Carbohydrates 128g

Protein 8g

Sodium 410mg

Zucchini Pie

Submitted by Samantha DePriest

3 cups zucchini (sliced & diced)
1 small onion, chopped
1 cup of Bisquick
4 large eggs
½ cup vegetable oil
½ cup Parmesan cheese
½ tsp. marjoram
1 tsp. parsley flakes
¼ tsp. salt
⅛ tsp. pepper
Parmesan or Mozzarella cheese for topping, (optional)

Preheat oven to 350 degrees. Mix together all ingredients (except the cheese topping) until zucchini is evenly coated. Pour into buttered a 12" pie plate serves 6-8 people or small casserole dish serves 12+ people. Sprinkle a little cheese (parm or mozzie) on top and bake for 30 minutes or until lightly golden. Serve warm. Tastes great reheated too so it's a dish that can be made ahead.

Nutritional Information (per serving, divided into 6 servings)

Page 23

Calories 512
Fat 40g
Carbohydrates 25g
Protein 15g
Sodium 640mg

Chicken Casserole

Submitted by Samantha DePriest

4 boneless skinless chicken breasts, cooked & diced
1 can cream of celery
1 can cream of chicken
1 16 oz. Sour Cream
2 bags of Ritz Crackers
1 stick of melted butter

Preheat oven to 350 degrees. Mix chicken, cream of celery & chicken soups, and sour cream in a bowl. Pour into a casserole dish and bake for 30 minutes. Mix 2 bags of Ritz crackers and 1 stick of melted butter and top casserole, put back in oven for 5 more minutes. Tastes great reheated too so it's a dish that can be made ahead.

Nutritional Information (per serving - divided into 4 servings)
Calories 975
Fat 70g
Carbohydrates 51g
Protein 37g
Sodium 1790mg

Sesame Chicken Bites with Honey Mustard Dipping Sauce

Submitted by Kendra Losch

1 pound boneless chicken, cubed
½ cup mayonnaise
1 tsp. onion powder
1 tsp. ground mustard
¼ tsp. pepper
½ cup dry bread crumbs
½ cup sesame seeds
2 Tbs. minced fresh parsley

Mix mayonnaise, onion powder, ground mustard and pepper in a gallon size Ziploc bag. Add chicken and shake and massage bag to coat all pieces. In a separate gallon size Ziploc bag, add bread crumbs, sesame seeds and parsley. Remove chicken from the mayo mixture and add to the bread crumb mixture. Shake bag until all pieces are coated with bread crumbs. Cook in 3-4 tablespoons of hot vegetable oil until chicken is done.

Dipping Sauce

½ cup mayonnaise
1 ½ tsp. Grey Poupon Dijon mustard
4 ½ tsp. honey

Whisk all ingredients together and add more mustard for a spicier flavor or more honey for a sweeter flavor. Chef's Note: I am not a big fan of mayonnaise, but you can not taste it in the chicken or dipping sauce.

Nutritional Information (per serving, divided into 4 servings)

Calories 458

Fat 26g

Carbohydrates 32g

Protein 27g

Sodium 750mg

Max & Erma's Chicken Tortilla Soup - Sue's Original Clone

Submitted by Pam Baker

<http://www.recipezaar.com/recipe/Max-Ermas-Chicken-Tortilla-Soup-Sues-Original-Clone-158138>

2 (10 ¾ oz.) cans Campbell's Cream of Mushroom Soup
2 (10 ¾ oz.) cans Campbell's Cream of Chicken Soup
2 (10 ¾ oz.) cans Campbell's condensed cream of celery soup
2 (10 ¾ oz.) cans Campbell's cheddar cheese soup
2 (15 oz.) cans chicken broth
1 (15 oz.) can diced tomatoes
1 cup picante salsa (Pace brand medium hot)
1 (4 ½ ounce) can green chilies (Ortega brand)
1 medium onion, chopped
4 fresh garlic cloves, minced
1 tsp. red new mexico chile powder (This is not the same as ordinary red chili pow-

der. It can often be found in specialty foods.)

Salt and pepper, to your taste

¼ cup fresh cilantro, chopped

4 cooked chicken breasts, cut into small chunks

10 flour tortillas

1 ½ cups vegetable oil

½ lb. colby cheese

In a large (8-10 quart) stockpot combine and whisk together until smooth all eight cans of soup. Add chicken broth. Add tomatoes, salsa, green chiles, onion, garlic, chile powder, salt and pepper. Bring all ingredients to a full boil, reduce heat, and simmer for 1 hour. Add cilantro and chicken breast chunks. Simmer another hour. While soup is simmering, make your soup toppings: Cut flour tortillas into small thin strips. Heat oil and deep fry tortilla strips until lightly browned. Shred cheese. To serve: Ladle soup into bowls, top with shredded cheese and fried tortilla strips.

Nutritional Facts (per serving, divided into 12 servings)

Calories 651

Fat 48.8g

Carbohydrate 32g

Protein 22.3g

Sodium 1999mg

SHAKES

Chocolate-Peanut Butter Shake

1070 calories, 70g fat

½ c. Heavy whipping cream
3 Tbsp. creamy peanut butter
3 Tbsp. chocolate syrup
1 ½ c. chocolate ice cream.
Blend in blender.

Strawberry Crush

640 calories, 1g fat

2 c. frozen strawberries
½ c. crushed pineapple
½ c. water
½ medium banana
6 Tbs. sugar
¼ c. lemon juice
2Tbsp. honey
Blend in blender.

Peaches and Cream

630 calories, 25g fat

1c. milk
1c. canned peaches
1 c. vanilla ice cream
¼ tsp. vanilla
Blend in blender.

Carnation Instant Breakfast

280 calories, 9g fat

1 packet and 1 cup of whole milk

High-Calorie Breakfast Shake

505 calories, 40g fat

1 c. half and half
1 packet Instant Breakfast
¾ c. ice cream
Blend in blender.

Hot Chocolate

416 calories, 35g fat

3 oz. milk chocolate
¼ tsp. vanilla
1 tsp. butter
1 c. half & half

Melt chocolate and butter. Add vanilla and slowly stir in half & half, small amounts at a time.

Grape Slush

493 calories, 13g fat

2 grape juice bars
2 Tbs. corn syrup
½ c. grape juice or 7-UP
1 Tbs. corn oil
Blend in blender.

Old-Fashioned Milkshake

420 calories, 24g fat

1 c. whole milk
1 c. ice cream
Blend in blender.

Orange Sherbet Shake

480 calories, 30g fat

¾ c. orange sherbet
 2 Tbsp. corn syrup
 ½ c. 7-Up
 2 Tbs. corn oil
 Blend in blender.

Apple Pie a la Mode

525 calories, 20g fat

1 c. apple pie filling
 ½ c. milk
 1 c. vanilla ice cream
 Dash of cinnamon
 Blend in blender.

SUPPLEMENTS

Pediatric Products (Ages 1-10)

Product	Nutritional Info (per can)	Flavors	Price
Boost Kid Essentials* (Nestle)	<i>240 calories 9 grams fat 31 grams carbs 7 grams protein</i>	Vanilla, Chocolate, Strawberry	\$49.99/27 pack (Walgreens.com)
Bright Beginnings Soy Pediatric Drink** (PBM Products)	<i>240 calories 12 grams fat 26 grams carbs 7 grams protein</i>	Vanilla	\$54.87/case of 24 (amazon.com)
Pediasure* (Abbott)	<i>240 calories 9 grams fat 31 grams carbs 7 grams protein</i>	Vanilla, Chocolate, Strawberry, Banana Cream, Berry Cream	\$11.99/6 pack
Boost Kid Essentials 1.5 calorie** (Nestle)	<i>355 calories 17.8 grams fat 39 grams carbs 10 grams protein</i>	Vanilla	\$59.99/case of 27 (walgreens.com)

* These products are widely available at grocery stores, pharmacies, drug stores, or discount stores (Wal-mart, Target) as well as online retailers (Amazon.com and Drugstore.com)

** These products must be ordered online or through your local pharmacy.

Adult Products (Ages 10+)

Product	Nutritional Info (per can)	Flavors	Price
Boost* (Nestle)	<i>240 calories 4 grams fat 41 grams carbs 10 grams protein</i>	Vanilla, Chocolate, Strawberry, Butter Pecan	\$9.99/6 pack (drugstore.com)
Carnation Instant Breakfast Lactose Free** (Nestle)	<i>250 calories 9 grams fat 33 grams carbs 9 grams protein</i>	Vanilla, Chocolate	\$39.99/case of 24 (walgreens.com)
Ensure* (Abbott)	<i>250 calories 6 grams fat 42 grams carbs 9 grams protein</i>	Vanilla, Dark Chocolate, Milk Chocolate, Straw- berry, Butter Pe- can, Coffee Latte	\$7.99/6 pack
Resource Breeze** (Nestle)	<i>250 calories 0 grams fat 54 grams carbs 9 grams protein</i>	Orange, Peach, Wild Berry Variety Pack	\$42.99/case of 27 (walgreens.com)
Carnation Instant Breakfast Essentials * (Nestle)	<i>260 calories 5 grams fat 41 grams carbs 14 grams protein</i>	Vanilla, Chocolate	\$4.99/ 8 pack
Ensure Plus* (Abbott)	<i>350 calories 11 grams fat 51 grams carbs 13 grams protein</i>	Vanilla, Dark Chocolate, Milk Chocolate, Straw- berry, Butter Pecan	\$8.99/6 pack
Boost Plus* (Nestle)	<i>360 calories 14 grams fat 45 grams carbs 14 grams protein</i>	Vanilla, Chocolate, Strawberry	\$8.99/6 pack
Carnation Instant Breakfast Lactose Free Plus**	<i>375 calories 17 grams fat 44 grams carbs 13 grams protein</i>	Vanilla, Chocolate	\$39.99/case of 24 (walgreens.com)

Carnation Instant Breakfast Lactose Free VHC**	<i>560 calories 31 grams fat 49 grams carbs 23 grams protein</i>	Vanilla	\$49.99/case of 24 (walgreens.com)
NutraShakes**	<i>470 calories 21 grams fat 50 grams carbs 20 grams protein</i>	Vanilla, Chocolate, Strawberry	Available as part of ZenPep Z Points rewards

Additives

Product	Nutritional Info (powder + 8 oz glass of whole milk)	Flavors	Price
Carnation Instant can (14 servings) Breakfast Essentials Powder* (Nestle)	<i>280 calories 9 gram fat 38 grams carbs 13 grams protein</i>	French Vanilla, Milk Chocolate, Dark Chocolate, Chocolate Malt, Strawberry, Variety Pack	\$3.99/10 pack or \$4.99/17.7 oz can (14 servings)
Boost High Protein Powder* (Nestle)	<i>300 calories 11 grams fat 42 grams carbs 11 grams protein</i>	Chocolate	\$9.99/17.7 oz can (12 servings)
Ensure Powder* (Abbott)	<i>400 calories 15 grams fat 45 grams carbs 15 grams protein</i>	Vanilla	\$9.99/14 oz can (7 servings)
Scandishake Powder** (Axcen)	<i>590 calories 29 grams fat 68 grams carbs 12 grams protein</i>	Vanilla, Chocolate, Strawberry	\$8.39/ 4 pack

Note: Many stores make generic versions of these products that may be significantly less expensive than the name brand!

Prices revised November 2011. Prices may vary by retailer.

DESSERT

Brandi's Candy (Granola squares)

Submitted by Brandi Jones

2 sticks of butter
¾ c. brown sugar
¼ c. peanut butter (or soynut/sunbutter alternative)
8 oz. honey
3c. oats (quick cook is fine)
2c. rice krispies cereal
1c. raisin bran or frosted flakes
½ c. raisins
½ c. chocolate chips

In a large sauce pan, melt the butter. Then add brown sugar, peanut butter, and honey. Cook on medium heat bringing to a boil. Stir continuously and boil on medium for 2-3 mins. until all ingredients have blended well and it looks like a thin syrup. Remove from heat and stir in all dry ingredients except chocolate chips. Gently fold in the chocolate chips last. Pour mixture onto a 13x 9 pan lined with wax paper and refrigerate to harden. Then cut into 2x2 squares.

Nutritional Information (per serving, divided into 12 servings)

Calories 425

Fat 22g

Carbohydrates 56g

Protein 6g

Sodium 216g

Rich and Creamy Brownie Bars

Submitted by Pam Baker

1 pkg. of brownie mix
1 8 oz. pkg. cream cheese, softened
2 eggs
1 lb. powdered sugar
1 tsp. vanilla

Preheat oven to 350 and grease 9x13 pan. Mix brownies according to package instructions, then spread in pan. For Topping: beat cream cheese at medium speed until smooth; beat in eggs, sugar and vanilla until smooth; spread evenly over brownie mix. Bake for 45-50 minutes or until edges and top are golden brown

and shiny. Cool completely, then refrigerate until well chilled before cutting.

Nutritional Information (per serving, divided into 12 servings)

Calories 450

Fat 15g

Carbohydrates 77g

Protein 4g

Sodium 220g

Peanut Butter Blondies

Submitted by Kendra Losch

5 Tbsp. butter
1 c. brown sugar
½ c. sweet potato baby food (stage 1 or 2)
½ c. carrot baby food (stage 1 or 2)
¾ c. creamy peanut butter (plus extra for icing, optional)
2 tsp. vanilla
2 large eggs
½ tsp. salt
¾ c. oat bran (in the hot-cereal aisle near oatmeal)
1 c. all-purpose flour
½ c. peanut butter chips, optional

Preheat oven to 325. Spray the bottom, not the sides, of a 9x13 pan. In a saucepan over medium low heat, melt the butter and brown sugar. Remove from heat and allow mixture to cool a bit. Whisk in the baby food, peanut butter, vanilla, eggs and salt. Add the oat bran and flour and mix until just combined. Mix in the peanut butter chips, if using, then pour into the prepared baking pan. Bake for 30-33 mins., until a toothpick comes out clean. Allow to cool completely in pan. Frost with peanut butter and/or dust with powdered sugar.

Nutritional Information (per serving, divided into 12 servings)

Calories 335

Fat 17g

Carbohydrates 40g

Protein 9g

Sodium 165g

Pound Cake

Submitted by Kendra Losch, Torianna's Mom

1 pound butter, softened
3 c. sugar

10 eggs
4 c. flour
1 tsp. vanilla
1 tsp. lemon

Preheat oven to 350 and grease one round tube pan or two Bundt pans. Cream butter and sugar. Add eggs and then flour a little at a time. Add flavorings. Bake for 1 ½ hours or until wooden toothpick comes out clean. Great served with ice cream and fresh strawberries or blueberries.

Nutritional Information (makes 12 servings)
Calories 677
Fat 35g
Carbohydrates 82g
Protein 10g
Sodium 277g

Blondies

Submitted by Pam Baker

11 Tbs. butter
2 cups brown sugar
1 ½ cups flour
2 eggs
2 tsp. baking powder
½ full bag of chocolate chips

Melt butter, then add sugar and eggs. Stir until smooth, then add flour and baking powder. Spread into greased 13 x 9 GLASS pan and top with desired amount of chocolate chips.

Bake at 350 for 25 minutes...they should look slightly undercooked. These are great in the freezer to be pulled out whenever a sweet tooth strikes!

Nutritional Information (per serving, divided into 12 servings)
Calories 275
Fat 12g
Carbohydrates 38g
Protein 3g
Sodium 96g

Buckeyes

Submitted by Bess Harris

½ cup (1 stick) butter at room temperature
1 cup peanut butter (creamy or chunky)
2 cups confectioner's sugar
6 squares semisweet chocolate (chopped) or 6 oz. chocolate chips, and 1 square unsweetened chocolate (coarsely chopped)

With an electric mixer, cream the butter, peanut butter and confectioner's sugar until smooth. Form into medium/small balls and place on a cookie sheet. (If the balls are too sticky to work with, they can be refrigerated until firmer). Freeze for 30 to 45 minutes or until balls are firm.

Over a double boiler or on low in the microwave, melt both chocolates together. Using a toothpick in the center of the frozen peanut ball, dip into the chocolate, leaving the very center uncoated to establish a two-tone buckeye look. Place dipped buckeyes on another cookie sheet lined with wax paper and allow to set in the freezer for 20 to 30 minutes or until set and chocolate is firm to the touch.

Nutritional Information (per serving, divided into 24 servings)

Calories 175

Fat 11g

Carbohydrates 16g

Protein 3g

Sodium 82g

Additional Resources

Cystic Fibrosis Foundation - Diet Section
<http://www.cff.org/LivingWithCF/StayingHealthy/>

Notes

Notes



CF Family Advisory Council

ATLANTA, GEORGIA