



Living and Eating Well

Dietitian Shayna Komar, R.D.L.D.

Shayna Komar completed her undergraduate degree in Nutrition, Foods, and Exercise at Virginia Tech. She completed her medical dietetic internship at Johns Hopkins University in Baltimore, MD. She resides in Marietta, GA with her husband and two sons. Shayna works with Cancer Wellness of Piedmont Hospital where she provides individual counseling, cooking workshops and group lectures for cancer patients and caregivers. She focuses her energy on educating the cancer patient on how to use food as a part of their medicine before, during and after treatment. She was named Distinguished Dietitian of the Year in 2006 from the American Dietetic Association. She has been teaching group fitness for over 12 years.

Chef Nancy Waldeck, Taste and Savor, Inc.

Nancy Waldeck is a breast cancer survivor who loves translating nutritional recommendations into delicious and easy meals. She has served up her better eating philosophy everywhere from a monthly cooking segment featured on national TV to the US Embassy in Burundi. She is a frequent presenter at corporate and charity functions and loves teaching cooking classes at Cancer Wellness at Piedmont Hospital and other organizations focused on living a healthy lifestyle. Her enthusiasm for good wine and healthy food is evident in *The Friday Four*, a weekly e-zine containing a mouthwatering recipe, and in her cookbook *Taste and Savor, Delicious Healthy Recipes and Tasty Wine Tips*.

What a pair - the dynamic duo - nutritious and great tasting food! I eat so much healthier because of what I have learned from Shayna and Nancy. Even my friends have noticed how much better I feel. You've really helped me in so many ways you just don't know. Lynn Abrams, Survivor

Living

Chef Nancy and Shayna provide the perfect blend of expertise and enthusiasm around healthy eating and important lifestyle changes. They have helped hundreds of cancer survivors at our center to develop and maintain vital daily practices optimal for their recovery.

Carolyn Helmer, LCSW

Manager, Cancer Wellness at Piedmont

and Eating Well

A cancer diagnosis is life-changing. The mind-body-spirit connection is vital to healing. Nancy and Shayna provide the information and tools to build a stronger, healthier mind, body, and spirit. Good nutrition and exercise minimize side effects of cancer treatments and actually improve well-being. Our patients praise Nancy and Shayna for helping them focus on the positive outcomes of eating for health. Knowledge is power. Join Nancy and Shayna for lessons of health, creativity and optimum living that go well beyond cancer.

Kathy Newman RN BSN

FOOD FOR YOUR HEART AND SOUL: Cooking with Fit and Flair!





White Bean, Artichoke and Sauerkraut Soup

1 TB Olive Oil
 2 Yellow Onions, Chopped
 1 TB Smoked Paprika
 2 Tsp Turmeric
 ½ Tsp Each Sea Salt and Freshly Ground Black Pepper
 3 Garlic Cloves, Grated
 12 Cups Veg Stock
 1 LB Sauerkraut, Rinsed and Drained (from the refrigerated section of the grocery store)
 2 (15 OZ) Cans Cannellini Beans, drained and well rinsed
 1 Cup Chopped Frozen Artichoke Hearts
 1 Cup Non Fat Greek Yogurt
 Chopped Dill and Toasted Fennel Seeds for Garnish

Step One Heat the olive oil in a stockpot and sauté the onions with the smoked paprika, turmeric and salt and pepper until the onions are very soft. (About 30 minutes over low heat.) Add the garlic cloves in, and cook and stir until fragrant.

Step Two Add the veg stock, sauerkraut, cannellini beans and artichoke to the pot and cook for an additional 20 minutes or until warm. Remove from the heat and stir in the yogurt. Garnish with dill and the toasted fennel seeds and serve. *This soup keeps well in the fridge for 3 days.*

Cauliflower Tabbouleh

1 Head Cauliflower (or 2 bags florets)
 2 Large Tomatoes, chopped
 1 Cup Chopped Parsley
 ¼ Cup Chopped Mint
 3 TB Fresh Lemon Juice
 ¼ Cup EVOO (extra virgin olive oil)
 Sea Salt and Freshly Ground Black Pepper
 Pulse the cauliflower florets in a food processor, or chop them by hand, until they are small bits resembling grains. Toss with chopped tomatoes, chopped parsley and mint, lemon juice and olive oil. Season to taste with sea salt and pepper.

Honey Almond Cake

1 ¾ Cup Almond Meal
 4 Large Eggs, at room temperature, separated
 ½ Cup Honey
 1 Tsp Vanilla
 ½ Tsp Baking Soda
 ½ Tsp Sea Salt
TOPPING*
 2 TB SAGE HONEY
 ¼ Cup Sliced Almonds, toasted

Step One Preheat oven to 350F. Spray and line a 9" springform pan. OR spray and line a round or square 9" pan OR spray a cupcake pan. ****This recipe can be doubled and will fill a sheet tray – and it can be cut in squares.*

Step Two Beat the 4 egg whites on medium speed until very foamy, white and doubled in volume, about the soft peak stage.

Step Three

Beat the 4 egg yolks, the ½ cup honey, vanilla, baking soda and salt in a large mixing bowl with an electric mixer on medium speed until well combined. Add the ground almonds and beat on low until combined.

Step Four Using a rubber spatula, gently fold the egg whites into the nut mixture until just combined. Scrape the batter into the prepared pan.

Step Five Bake the cake until golden brown and a skewer inserted into the center comes out clean, about 25 minutes. Let cool in the pan for 10 minutes. Run a knife around the edge of the pan and gently remove the side ring.

*To serve, brush the top of the cake with honey and sprinkle with sliced almonds

*Sage Honey

½ cup honey
 6 large sage leaves, chopped
 Combine the honey and sage in a small nonstick saucepan over low heat. Bring to a simmer. Remove from the heat and allow to cool before using.