

64-page **BONUS** Section
featuring Inspiring
Survivor Stories,
Breast Health
Information,
and Tips!

#1 *New York Times*
BESTSELLER

FIX-IT *and* FORGET-IT®

PINK Cookbook

More Than 700 Great Slow-Cooker Recipes!



Phyllis Pellman Good

For each copy of this cookbook sold,
a minimum of \$1.00 will be donated to—

 AVON
Foundation
for Women
Breast Cancer Crusade



Thank You!

Thank you for buying this *Fix-It and Forget-It PINK Cookbook*. By doing so, you have guaranteed that we at Good Books will contribute \$1.00 to The Avon Breast Cancer Crusade (Good Books has pledged a minimum donation of \$100,000.)

When you give the *PINK Cookbook* to others—or encourage them to buy copies—you’re supporting the work of this life-saving crusade against breast cancer.



Phyllis Pellman Good

On behalf of the Avon Foundation for Women, thank you for your contribution to our Breast Cancer Crusade. We are truly grateful. And the multitude of women and men who are served by the 300-plus cancer centers and community organizations, partners that we fund across the country annually, also thank you. Together we are **IN IT TO END IT!**



Carol Kurzig, President, Avon Foundation for Women

Fix-It and Forget-It

PINK Cookbook

More Than 700 Great Slow-Cooker Recipes!



Phyllis Pellman Good

Good  **Books**[®]

For each copy of this cookbook sold, a minimum of \$1.00 will be donated to the Avon Foundation for
Women's Breast Cancer Crusade.

I owe a special thank you to JoAnne Fairchild, Eloise Caggiano, and Carolyn Ricci, from the Avon Foundation team. And to Merle Good, Kate Good, and Cliff Snyder, from Good Books, thank you for the many ways you helped this book to happen. I am grateful.

— Phyllis Pellman Good



Fix-It and Forget-It Pink Cookbook is based on
Fix-It and Forget-It Cookbook: Revised and Updated,
published by Good Books, 2010.

Food photography by Jeremy Hess
Illustrations throughout the book by Cheryl Benner
Design by Cliff Snyder

Fix-It and FORGET-It® PINK COOKBOOK
Copyright © 2012 by Good Books, Intercourse, PA 17534

ISBN: 978-1-4532-7693-8 (ePub)

This edition distributed in 2012 by
Open Road Integrated Media
345 Hudson Street
New York, NY 10014

Limit of Liability/Disclaimer of Warranty: The publisher and author have made their best effort in preparing this book with care and accuracy, and it is presented in good faith. But they make no representations or warranties with respect to the completeness or accuracy of the contents of this book. Sales representatives may not create or extend any warranty either verbally or in sales materials about this book. The advice and strategies contained in these materials may not be suitable for your situation. Consult with a professional where appropriate. Neither the author nor the publisher shall be liable for any commercial damages or loss of profit, including but not limited to special, consequential, or incidental damages.

All rights reserved.

No part of this book may be reproduced in any manner, except for brief quotations in critical articles or reviews, without permission.

Table of Contents

[Welcome to *Fix-It and Forget-It PINK Cookbook!*](#)

[**Eloise Caggiano**—Program Director for the Avon Walk for Breast Cancer, and Survivor](#)

[**Noelle Krejci**—Survivor, and Avon Walker](#)

[Early Breast Cancer Detection](#)

[What Everyone Should Know About Breast Cancer](#)

[**Barbara Jo Kirshbaum**—9-City Avon Walker](#)

[About the Avon Walks](#)

[**Dr. Mita Sanghavi Goel**—Provider of Access to Care, and Survivor](#)

[**Deb Wills**—Survivor of 26 Years, and Avon Walker](#)

[**Judy Cherry**—Survivor, and 9-City Avon Walker](#)

[Tips for Helping Breast Cancer Patients](#)

[**Craig Shniderman**—Meal Provider, and Avon Walker](#)

[**Dr. Sheryl G.A. Gabram**—Researcher](#)

[**Lillie D. Shockney**—Nurse Navigator, and Survivor](#)

[When You Join an Avon Walk, You Are “In It to End It”](#)

[**Gerie Voss**—Survivor, and Avon Walker](#)

[**Lori Viveros**—Patient Navigator](#)

[**Mara Langer**—Two-Time Breast Cancer Survivor, and Avon Walker](#)

[Tips to Reduce Your Risk for Breast Cancer](#)

[Critical Advances in the Fight Against Breast Cancer](#)

[A Brief History of the Avon Foundation for Women](#)

[Ways to Get Involved and Make a Difference](#)

[Welcome to This Cooking Community!](#)

[Tips for Using Your Slow Cooker](#)

[**Appetizers, Snacks and Spreads**](#)

[Breakfast Foods](#)

[Breads](#)

[Soups, Stews, and Chilis](#)



[Main Dishes](#)

[Beef Main Dishes](#)

[Pork Main Dishes](#)

[Pasta Main Dishes](#)

[Chicken and Turkey Main Dishes](#)

[Bean Main Dishes](#)

[Seafood Main Dishes](#)

[Meatless and Other Main Dishes](#)



[Vegetables](#)

[Desserts](#)

[Beverages](#)

[Equivalent Measurements](#)

[From Scratch Replacement Recipes](#)

[Substitute Ingredients](#)

[Index](#)

[About the Author](#)



Welcome to *Fix-It and Forget-It PINK* *Cookbook*

Food is usually more than food

When I cook, I'm not thinking fuel. I'm usually hungry, so I'm imagining flavor and often the prospect of eating with someone else.

Food can settle us down, bring us together, strengthen our friendships, distract us from our fears, underline hope, remind us that we are not alone.

Funny how often food came up when I was talking to the fiercely courageous people whom we feature in the front section of this *Cookbook*. In fact, for many of them, fixing food was a burden—until—some good souls stepped in and brought them meals. This food took care of an immediate need but it quietly whispered another message from those who brought it—"We're with you."

Why this partnership?

Nearly all of us know someone who's had breast cancer. We are incensed and fearful. And then we want to act. The Avon Foundation has moved right into the neediest of places, providing funds so that women who've been diagnosed have support while they go through treatment. They fund education about breast health, access to care programs, and efforts to accelerate research. Avon Foundation programs raise money for these critical projects—but they also create a powerful community.

Fix-It and Forget-It PINK Cookbook brings two communities together—those who want to feed their families good food at home, and those who want passionately to support those with breast cancer and to eradicate the disease.

You join these two sister causes when you buy and use this book.

We at Good Books are giving \$1.00 to the Avon Foundation for every copy of this book that sells.

We've put together 700 great slow cooker recipes—for ordinary times, and for those special occasions when you want to especially celebrate life. Let's multiply the good!

— Phyllis Pellman Good



Eloise Caggiano: Program Director for the Avon Walk for Breast Cancer, and Survivor

Pot Roast with Gingersnap Gravy

Makes 8 servings • Ideal Slow-Cooker Size: 6-qt.

Prep. Time: 10 minutes • Cooking Time: 6 hours



3- to 4-lb. beef rump roast

salt to taste

pepper to taste

1 large yellow onion, cut in 8 wedges

1 cup beef stock

1 tsp. Kitchen Bouquet Seasoning

20 gingersnaps, finely crushed

1. Season roast with salt and pepper. Place in slow cooker.
2. Scatter onion wedges over top of beef.
3. Spoon beef stock into cooker, being careful not to wash the seasoning or onion pieces off the beef.
4. Cover and cook on High for 6 hours.
5. Remove roast from cooker and keep warm on a platter covered with a tent of foil.
6. Add Kitchen Bouquet to liquid in cooker. Stir in gingersnap crumbs, until thickened.

7. Slice meat and top with sauce for serving.

“This isn’t fancy, but I remember it well from my childhood. Dinner-time was important in our family—a time to spend together with no TV or other distractions, and my mom worked hard to make a lovely home-cooked dinner for us each and every night. I, of course, tortured her with my ridiculously picky eating habits, but bless her, she always made sure there was something good for me to eat.”

Eloise Caggiano

PROGRAM DIRECTOR FOR THE AVON WALK FOR BREAST CANCER, AND SURVIVOR

I was healthy and active and 33 years old when I was diagnosed with breast cancer. I went alone to the surgeon for my biopsy results, assuming I'd get good news.

She told me that I had breast cancer, and when I left her office that day, I literally did not know what to do in that minute. My parents were on a flight, and I couldn't reach them. So I went to work, which seemed like a weird thing to do, but I didn't want to go home and sit there alone.

I was so surprised by how many decisions were left up to me. It was tough, because I felt fine, but I knew that whatever surgery and treatment options I chose would make me feel bad. I didn't feel equipped to make such life-changing and life-saving decisions.

On the day I was diagnosed, my surgeon gave me a "Cancer 101" organizer. It was a binder that included the many steps I would need to go through, plus a calendar, a guide for tracking insurance, a glossary, and much more. It kept me organized and gave me a real sense of empowerment.



Eloise speaks to a crowd of walkers as financial expert and Avon supporter, Suze Orman, looks on.

I tried to keep as much normalcy in my life as I could, since so much felt out of my control. I had five surgeries, so I was out of work briefly for each of them. Otherwise, going to work helped keep me going. And I still went to the gym, even though I needed to alter my workouts to suit my surgeries and chemo side-effects. Mentally, it helped to stay active. Physically, I think I healed faster.

A friend lined up other friends to accompany me to each chemo treatment. She took care of all the details and always prepared whoever was meeting me, telling them what to bring and warning them that I'd likely fall asleep on them at some point! It was so comforting to have someone with me each time.

I would have preferred not to have breast cancer, but I've certainly learned a lot. This experience brought me closer to a lot of people. I've learned to open up more. I'm by nature a private person, but I made a choice to let people in. I'm so glad I did because I don't think I could have gotten through this on my own.

I even found a new job! After my breast cancer battle, I wanted to find a more rewarding career. As Program Director for the Avon Walk for Breast Cancer, my job now gives me the chance to put my breast cancer experience to good use.



“I wished for a little cancer angel on my shoulder to help me. I was so afraid of making a wrong decision.”



Noelle Krejci: Survivor, and Avon Walker

Noelle Krejci is a 2-year survivor, and Avon Walker. She's done 8 Walks and has spoken at both opening and closing ceremonies. Noelle is a nurse.

Cheesy Slow-Cooker Chicken

Makes 6 servings • Prep Time: 10 minutes

Cooking Time: 6-7 hours • Ideal slow-cooker size: 4½- to 5-qt.



6 boneless, skinless chicken breast halves

salt to taste

pepper to taste

garlic powder to taste

2 10½-oz. cans cream of chicken soup

1 10½-oz. can cheese soup

1. Spray slow cooker with low-fat cooking spray.
2. Season each piece of chicken to your liking, and then place in slow cooker.
3. Whisk soups together in bowl until smooth.
4. Pour over chicken pieces, covering them as well as possible with the sauce.
5. Cover. Cook on Low for 6-7 hours, or until chicken is tender but not dry.

“Here’s a quick and easy recipe that our entire family loves!”

Noelle Krejci

SURVIVOR, AND AVON WALKER

I did the entire Avon Santa Barbara Walk 11 days after my mastectomy. I hadn't trained; it was a tough year. But I am very determined!

Oddly enough, about six years before I was diagnosed, a girlfriend and I decided that we wanted to see if we could do an Avon Walk physically. I ended up doing it alone because she had to have knee surgery, but it was such a good experience that I said, "I'm going to do this forever."

I had started out walking alone because I knew no one, but I came upon a woman who was about 65 years old. I learned she was going through chemo—and still walking—and she became my inspiration.

During those first years I walked alone, hooked by the moving stories I heard and the spirit of the event. Now I have a team that I've put together. They're amazing people who I've met along the way.

A girlfriend who I grew up with in Texas is part of my team. My best friend is on the team. When I went in for my double mastectomy, my nurse that day said, "I'm doing the Avon Walk." She told me she was going alone. I said, "No, you're not." So now she's on my team.

When I was first diagnosed, the first thing I did was to go home, go onto the Avon Walk message board, and put my message out there. The women reached out to me and gave me advice and support.

The cancer and mastectomy are the most challenging experiences I've ever been through. Chris and I have four children; our oldest was 19 at the time.

Losing my breasts changed me hugely. I was 41. I was in a very happy and intimate relationship with my husband. But he told me that no matter how my body changed, he would still love me. And he never failed in that.



Noelle, with her husband, Chris

When I lost my hair, I was clearly a cancer patient. I couldn't hide that loss under a shirt. People looked at me with such pity.

I had been an active person. I'd done half-marathons. While going through chemo, I gained 35 pounds. I felt like a freak. I was always very go-go-go, keeping myself very busy. But when I was in chemo, I couldn't be busy.

On the days when my mom was helping me, my dad would often stop in. He passed away the week before my last chemo. I was so glad for the special times I got to spend with him, which wouldn't have happened if I hadn't been sick. It's been a big lesson for me—slow down and enjoy your family and friends. They aren't going to be here forever.



“My husband told me that no matter how my body changed, he would still love me. He never made me feel like a freak when I had no hair and no breasts.”

Early Breast Cancer Detection

In the fall of 2009, the U.S. Preventive Services Task Force recommended changing mammography screening guidelines, which was met with mixed reviews from medical experts, advocates, and the public.

The Avon Foundation continues to support guidelines recommended by expert groups—American Cancer Society, American College of Radiology and others—including:

- Breast self exam (BSE)—Experts now recommend BSE as optional but encourage all women to become familiar with their own bodies and watch for changes. BSE is an option for women starting in their 20s. You should report any changes in your breast health to your medical provider right away.
- Women in their 20s and 30s should have a clinical breast exam (CBE) as a part of their periodic health exam by a health professional, preferably every 3 years. (Community based groups that can help link you to CBE can be found at www.avonbreastcare.org)
- Women of average risk should begin annual screening mammography at age 40 and continue annual screening mammography for as long as the woman is in good health. (Programs to link you to mammography providers can be found by visiting www.avonbreastcare.org)
- And don't forget, men can get breast cancer, too!
- Talk to your doctor about your risk and when you should start screening.

What Everyone Should Know About Breast Cancer

BREAST CANCER FACTS

- More than 240,000 women and 1,000 men are diagnosed with breast cancer in the U.S. each year.
- One person is diagnosed approximately every 3 minutes, and one person dies of breast cancer approximately every 14 minutes.
- People over the age of 50 account for 76% of breast cancer cases, while only 5% of breast cancer diagnoses are in people under the age of 40 and 18% are in their 40s.
- More than 40,000 women and 400 men die each year from the disease.
- There are more than 2 million breast cancer survivors in the United States.
- The majority of breast cancers found today are “hormone receptor positive,” and excellent treatments exist. Nearly 1 out of 5 breast cancers diagnosed will be HER2-positive breast cancer, a form that tends to grow and spread more aggressively than other breast cancer.

MORE FACTS

- 43% of breast cancer patients skip treatments because they can't afford them.
- 5 African American women die needlessly from breast cancer every day because they do not have access to care.
- Government-backed breast cancer screening supports only 20%, or 1 in 5, eligible low-income women.
- Only 26% of uninsured women over the age of 40 had a mammogram within the past year compared to 56% of insured women. This means that more uninsured women risk a late-stage diagnosis and worse outcomes.

sample content of Fix-It and Forget-It Pink Cookbook: In Support of the Avon Foundation's Breast Cancer Crusade

- [click Complete Atlas of the Earth \(2nd Edition\)](#)
- [click The Fantastic World of Gervasio Gallardo pdf](#)
- [download online Sorcery at Caesars: Sugar Ray's Marvelous Fight](#)
- [read online Pro PHP and jQuery \(2nd Edition\) here](#)

- <http://aircon.servicessingaporecompany.com/?lib/Apples-of-Uncommon-Character--123-Heirlooms--Modern-Classics--and-Little-Known-Wonders.pdf>
- <http://omarnajmi.com/library/The-Fantastic-World-of-Gervasio-Gallardo.pdf>
- <http://www.shreesaiexport.com/library/Asian-Rice-Dishes.pdf>
- <http://fitnessfatale.com/freebooks/Art-of-Seduction--A-Collection-of-Five-Erotic-Stories.pdf>