

# CHICKEN CROQUETTE



## Ingredients

- 2 cups cooked chicken (rotisserie or canned can be used)
- 1 cup quinoa cooked with chicken broth (1 can chicken broth 98% fat free can be used)
- 3 egg whites or 1/3 cup egg substitute
- 2 tsp of olive oil
- Finely chopped chives or greens of spring onions
- ½ cup peeled finely chopped celery
- ½ cup finely chopped red bell pepper
- ½ cup oatmeal

**Preparation time:** 30 minutes.

Cook time 15 minutes (until brown). Prepare in skillet on stove top or griddle. Season to taste with any of the following based on tolerance: dried Italian seasoning, basil, oregano, rosemary, parsley, ginger, coriander, lemongrass, chili, mint, marjoram thyme, **(no onion or onion powder)**.

## Steps

1. Chop chicken or pulse until fine (the use of a food processor is helpful)
2. Add vegetables, seasoning, olive oil, and oatmeal; combine well (pulse a few times)
3. Add eggs; mix and pulse until mixture is a thin consistency
4. Combine cooked quinoa and chicken mixture
5. Use large spoon to drop mixture (silver dollar size) onto hot skillet or griddle (coated with pan spray or small amount of olive oil)
6. Cook chicken mixture approximately 10-15 minutes until brown

### Reference:

1. Warner ME. Nutritional concerns for the carcinoid patient: developing nutrition guidelines for persons with carcinoid disease. The Carcinoid Cancer Foundation web site. <http://www.carcinoid.org/patient/living-with-carcinoid/nutrition>. Accessed February 8, 2019.

**Please note that Novartis Pharmaceuticals Corporation does not endorse the use of any foods highlighted in this article; all information is provided for educational purposes only. Use of any food in this recipe is not intended to treat or cure carcinoid syndrome. You are advised to speak to your health care provider before introducing new foods into your diet.**

**Please see Important Safety Information on page 2.**

**Please [click here](#) for full Prescribing Information.**



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*This recipe was created by our RealSupport™ nutritionist especially for our members. Remember, please talk to your health care provider to determine if this recipe or any other food is appropriate for you.*

*Chicken is a good source of protein and, for cancer patients, eating sufficient protein can make an important difference, since protein is used to repair tissue, maintain a healthy immune system, and provide energy.<sup>1</sup>*

Brought to you by RealSupport™, a patient information and support program for those with the severe diarrhea and flushing of carcinoid syndrome. RealSupport™ is provided by Novartis Pharmaceuticals Corporation, the maker of Sandostatin® LAR Depot (octreotide acetate) for injectable suspension. For more information about the RealSupport™ program offerings, please follow us on [www.facebook.com/SandostatinLARDepot](https://www.facebook.com/SandostatinLARDepot).

## INDICATIONS AND USAGE

Sandostatin® LAR Depot (octreotide acetate) for injectable suspension is indicated for patients in whom initial treatment with immediate-release Sandostatin® (octreotide acetate) Injection has been shown to be effective and tolerated for

- Long-term treatment of the severe diarrhea and flushing episodes associated with metastatic carcinoid tumors
- Long-term treatment of the profuse watery diarrhea associated with VIP-secreting tumors

In patients with carcinoid syndrome and VIPomas, the effect of Sandostatin Injection and Sandostatin LAR Depot on tumor size, rate of growth, and development of metastases has not been determined.

## IMPORTANT SAFETY INFORMATION

**Warnings and Precautions:** Treatment with Sandostatin LAR Depot may affect gallbladder function, with postmarketing reports of gallstones resulting in complications (inflammation of the gallbladder, bile duct, and pancreas, and requiring surgical removal of the gallbladder); sugar metabolism; thyroid and heart function; and nutritional absorption, which may require monitoring by your doctor. Call your doctor if you experience signs or symptoms of gallstones or any of their complications.

**Before Taking Sandostatin LAR Depot:** Tell your doctor if you have a history of heart disease or are taking other medications, including cyclosporine, insulin, oral hypoglycemic agents, beta-blockers, and bromocriptine.

**Common Side Effects:** Most patients experience side effects at some time. Some common side effects you may experience include back pain, fatigue, headache, abdominal pain, nausea, and dizziness.

**Other Information:** Patients with carcinoid tumors and VIPomas should adhere closely to their scheduled return visits for reinjection in order to minimize exacerbation of symptoms.

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088. Please [click here](#) for full Prescribing Information.**

**To learn more, call 1-888-NOW-NOVA (1-888-669-6682) or visit [www.sandostatin.com](http://www.sandostatin.com).**



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