



# MARCH 2024

## CIRCLE OF SUPPORT PROGRAM



CINJ's Circle of Support program provides support, education, and hope to patients in active cancer treatment through multiple diagnosis-specific and general support groups, mindfulness meditation and relaxation programs, educational programs, and occasional experiential workshops. The goal is to support patients through their cancer journey by providing a safe and non-judgmental space to talk about their specific challenges and experiences, and join with others who are in similar situations. Please call 732-235-6792 for information and to register.



### VIRTUAL SUPPORT GROUPS – ONGOING MONTHLY

Programs are held virtually, are open and free to patients, and may be open to family members.



Time to Talk Breast Cancer Support Group	First Tuesday of the month at 5PM
Living with Cancer Support Group	Second & Fourth Wednesday of the month at 5PM
Guided Imagery	Second & Fourth Tuesday of the month at 2PM
GI Support Group	Third Wednesday of the month at 5PM
Gynecologic Support Group	Fourth Thursday of the month at 5PM

## NUTRITIONAL & DELICIOUS

### Cauliflower Burger

#### Ingredients:

- 1 (12 oz.) bag riced cauliflower
- ¼ Cup cooked millet or quinoa
- ½ Cup whole wheat breadcrumbs
- 1 Tsp. cumin
- 1 Garlic clove (minced)
- ¾ Cup shredded cheddar cheese
- 2 Eggs
- 1 Tsp. salt
- Whole wheat hamburger buns



Squeeze out excess fluids from 1 (12 oz.) bag riced cauliflower in clean dish towel. Add riced cauliflower and 1/4 cup cooked millet or quinoa, 1/2 cup whole wheat breadcrumbs, 1 tsp cumin, 1 garlic clove (minced), 3/4 cup shredded cheddar cheese, 2 eggs and 1 tsp salt into a large food processor or blender. Blend until the ingredients come together. Remove from blender and form into 10 patties. Spray large skillet with cooking spray and set to medium heat. Add patties and cook for 5 minutes on each side, or until browned. Repeat with remaining patties. Serve on whole wheat hamburger buns. Top with lettuce, tomato and onion per preference.