

Our Cancer Fighting Menu

Today's menu features several of the "Super Foods" that have cancer-fighting potential. All of these dishes are quick and easy to prepare, wonderfully healthy, and super delicious! Don't forget to pick up the recipes on your way out!

Salads Sides and Entrées

Easy Bean Salad, atop a bed of romaine, spinach, and other leafy greens

Featured super foods: beans, dark green leafy veggies

Red Pepper Quinoa Pilaf

Featured super foods: whole grains, garlic/allium veggies

Not-so-Boring Broccoli

Featured super foods: broccoli, garlic/allium veggies

Southwestern Chicken with Salsa

Featured super foods: tomatoes

Chicken Couscous

Featured super foods: tomatoes, whole grains

Egyptian Edamame Stew

Featured super foods: soybeans, garlic/allium veggies, tomatoes

Honey Whole Wheat Rolls

Donated by Great Harvest Bread Company, Chapel Hill, NC

Featured super foods: whole grains

Desserts

Delicious Fruit Salad

Featured super foods: grapes and berries

Whole Wheat Flax Banana Bread

Featured super foods: whole grains, flaxseed

Beverages

Bottled Water

Cinnamint Organic Green Tea

Featured super food: organic green tea