

Cancer-Fighting Recipes

Bell Pepper Quinoa Pilaf (from “Diabetes Forecast” Magazine)

1 cup quinoa	¾ tsp sea salt, or to taste
2 cups water	1 ½ tsp extra virgin olive oil
1 cup finely diced red bell pepper	1/3 cup thinly sliced fresh basil leaves
1 Tbsp fresh lemon juice	2 Tbsp pine nuts, pan-toasted

Bring the quinoa, water, bell pepper, lemon juice, and salt to a boil in a medium saucepan over high heat. Reduce the heat to medium, cover, and simmer for 12 minutes or until the water is absorbed and the quinoa is tender. Remove from the heat.

Stir in the olive oil and about ¾ of the basil. Transfer to a serving bowl and top with the remaining basil and pine nuts.

Per ½ cup serving: 210 calories, 7g protein, 7g fat, 33g carbohydrate, 3g fiber

Easy Bean Salad (from Aimee’s kitchen)

1 can kidney beans	1 can whole kernel corn
1 can black beans	Italian salad dressing to taste
1 can black-eyed peas	

Empty beans and corn into colander and rinse until water runs clear (this helps remove excess salt). Mix together in serving bowl. Add salad dressing as desired to coat beans and corn. Serve as is, atop a bed of or your favorite greens, or with tortilla chips.

Per ½ cup serving: 130 calories, 6g protein, 2g fat, 20g carbohydrate, 5g fiber

Not-So-Boring Broccoli (from www.aicr.org)

1-2 heads of broccoli crowns (about 1 lb)
1 Tbsp extra-virgin olive oil
2 cloves garlic, finely minced
1 tsp red pepper flakes
Salt and freshly ground black pepper, to taste

Separate the broccoli florets from the stalk. In a shallow bowl filled with 2 Tbsp of water, steam the broccoli, covered, in the microwave, for 1-minute. The broccoli should be bright green, but still crisp. Drain the broccoli and set aside.

Meanwhile, heat the oil in a medium-size sauté pan over medium heat. Add the garlic and cook for 1 minute, stirring frequently. Add the red pepper flakes and cook for 30 seconds more. Add the steamed broccoli, stirring well to coat the florets. Cook for 2 minutes. Season to taste with salt and pepper.

Per ½ cup serving: 25 calories, 1g protein, 1.5g fat, 3g carbohydrate, 1g fiber

Chicken Couscous (from "Diabetic Cooking" Magazine)

8 oz boneless, skinless chicken breast, cubed	1 can (14.5 oz) low-fat, low-salt chicken broth
4 medium zucchini squash, sliced	1 tsp dried Italian seasoning
1 can (14.5 oz) diced tomatoes	1 cup uncooked whole wheat couscous

Lightly coat deep skillet with cooking spray. Cook chicken over medium-high heat for about 4 minutes or until lightly browned.

Add zucchini, tomatoes, broth, and seasoning. Simmer uncovered for 20 min, stirring occasionally. Sprinkle couscous evenly over chicken mixture and cover. Turn off heat and let sit for 7 minutes.

Per serving (makes 4 servings): 278 calories, 22g protein, 1g fat, 44g carbohydrate, 4g fiber

Egyptian Edamame Stew (from "Eating Well" Magazine)

3 cups frozen shelled edamame	2 tsp ground cumin
1 tbsp extra-virgin olive oil	1 tsp ground coriander
1 large onion, chopped	1/8 tsp cayenne pepper, or to taste
1 large zucchini, diced	1 28 oz can diced tomatoes
2 tbsp minced garlic	1/4 cup chopped fresh cilantro or mint
	3 tbsp lemon juice

Bring large saucepan of water to a boil. Add edamame and cook until tender, 4 to 5 minutes or according to package directions. Drain and set aside.

Heat oil in large saucepan over medium heat. Add onion and cook, covered, stirring occasionally, until starting to soften, about 3 minutes. Add zucchini and cook, covered until the onions are starting to brown, about 3 minutes more. Add garlic, cumin, coriander, and cayenne, and cook, stirring, until fragrant, about 30 seconds. Stir in tomatoes and bring to a boil; reduce heat to a simmer and cook until slightly reduced, about 5 minutes. Stir in the edamame and cook until heated through, about 2 minutes more. Remove from heat and stir in cilantro/mint and lemon juice.

Per 2 cup serving: 258 calories, 15g protein, 8g fat, 29g carbohydrate, 9g fiber

Southwestern Chicken with Salsa (from Eating Well Through Cancer, by Holly Clegg & Gerald Miletello)

1 3/4 lbs boneless, skinless chicken breasts	2 medium tomatoes, chopped
2 tsp ground cumin	2 tbsp chopped fresh cilantro
Salsa (recipe follows)	1 tbsp lime juice
2/3 cup shredded reduced-fat Monterey Jack	1 tsp chopped jalapeno (optional)
	1/3 cup chopped onion

Preheat oven to 350 degrees. Coat the chicken breasts on both sides with the cumin. In a large skilled coated with non-stick cooking spray, sauté the breasts over medium heat until brown on both sides. To prepare the salsa, combine tomato, cilantro, lime juice, jalapeno, and onion in a small bowl.

Add salsa to the chicken and transfer to baking dish. Bake for 20 minutes or until chicken is tender. Sprinkle with shredded cheese and continue baking until cheese is melted, about 5 minutes.

Per serving (makes 6 servings): 197 calories, 35g protein, 4g fat, 3g carbohydrate, 1g fiber

Whole Wheat Flaxseed Banana Bread (from Aimee's kitchen)

2-3 over-ripe bananas, mashed
½ cup sugar
2 egg whites (beaten)
¼ cup canola oil
1 tsp vanilla

1 ¾ cup whole wheat pastry flour*
1 tsp baking soda
½ tsp baking powder
¼ tsp salt
1 tsp cinnamon and/or nutmeg
2 tbsp ground flaxseed

In a large bowl, combine bananas, sugar, egg whites, oil, and vanilla; beat well. In a separate bowl, combine flour, baking soda, baking powder, and salt; stir well to mix. Gradually add the dry ingredients to the banana mixture, beating well. Mix in cinnamon, nutmeg, and flaxseed; beat well.

Transfer to a lightly greased loaf pan and bake at 350 degrees for 35-45 minutes. Bread is done when top is golden brown and a toothpick comes out cleanly.

*Whole wheat pastry flour is very finely ground whole wheat flour. It is a perfect substitute for white flour in foods like cookies, muffins, biscuits, quick breads, waffles, and pancakes. You can often find it in the bulk section of stores like Whole Foods. Common brands include Bob's Red Mill® and Hodgson Mill®, which can both be ordered online.

Per slice (makes ~12 slices): 177 calories, 3g protein, 5.5g fat, 30g carbohydrate, 1.7g fiber

Cinnamint Green Tea (from www.aicr.org)

1 small bunch mint, about 15 sprigs, preferably spearmint
4 3-inch cinnamon sticks (optional)
1-2 thin slices fresh ginger (optional)
6 cups cold water
4 bags green tea, regular or decaffeinated
6 Tbsp. frozen apple juice concentrate, or to taste

Place mint, cinnamon sticks and ginger, if using, in large saucepan. Add water, cover pot and bring to a boil. Reduce heat and simmer 3 minutes. Remove from heat. Add tea bags and steep 5 minutes. Remove tea bags, mint, ginger and cinnamon sticks, reserving sticks. Sweeten hot tea to taste with apple juice concentrate. Pour into mugs, add cinnamon sticks for garnish and serve, or chill for iced tea.

Per serving (makes 6 servings): 29 calories, 0g protein, 0g fat, 7g carbohydrate, 0g fiber

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