

JamesCare for Life

Garden to Table Recipes



The James



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

JamesCare for Life
Garden to Table Recipes



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Garden of Hope Peach Salsa

SERVES 8

INGREDIENTS

1 cup fresh tomatoes (one large or two small whole tomatoes), washed	2 1/2 tablespoons lime juice
1/3 cup peaches, washed and diced	1 1/2 teaspoons sugar
5 tablespoons red onion, washed and diced	3 teaspoons jalapeno, washed and minced
2 1/2 tablespoons frozen corn	3 teaspoons white balsamic vinegar
4 tablespoons olive oil	2 teaspoons minced garlic
2 1/2 tablespoons red bell pepper, washed and diced	1/2 teaspoon dried chili powder
3 teaspoons chopped cilantro	1/2 teaspoon black pepper
	1/2 teaspoon salt

PREPARATION

Rinse tomatoes, cut out core, cut in half and lay face up on baking sheet. Sprinkle with salt and pepper and two tablespoons of olive oil, roast at 350 degrees for 25 minutes. Place in fridge to cool.

Place corn on baking sheet, drizzle with one tablespoon olive oil. Roast at 350 degrees for 12 minutes, place in fridge to cool.

Sauté onion, peaches, red pepper and jalapenos with garlic and chili powder and remaining olive oil until onions begin to sweat. Deglaze sauté pan with lime juice and white balsamic and keep at simmer. Peel tomatoes and dice into small dice to match the size of other produce and add to pan. Add corn, cilantro, and sugar to mixture. Cool and serve.

Recipe submitted by Chef Jim Warner, The Ohio State University Wexner Medical Center

appetizers

Crunchy Cucumber Dip

SERVES 8

INGREDIENTS

2 large cucumbers, washed, peeled and sliced

1 teaspoon salt

3 cups ice water

4 scallions, washed and thinly sliced

1/2 small green bell pepper, washed and chopped

1/4 cup reduced-fat sour cream

1 tablespoon white vinegar

1 tablespoon sugar

1/8 teaspoon black pepper

PREPARATION

Combine cucumbers, salt and ice water in a bowl. Cover and chill for 1 hour, then drain.

Chop cucumbers and add to a large bowl. Add remaining ingredients and toss to combine. Chill for 30 minutes before serving. Serve with whole grain crackers or pita chips.

Recipe from: <http://www.diabetes.org/mfa-recipes/recipes/2013-07-zippy-cucumber-crunch.html>



Beet, Orange and Arugula Salad

SERVES 4

INGREDIENTS

2 large beets, stems and roots removed, washed

2 tablespoons extra virgin olive oil

2 tablespoons orange juice

2 teaspoons shallot, washed and chopped

1/2 teaspoon Dijon mustard

1/2 teaspoon sugar

6 cups arugula, washed

1-2 oranges, washed, peeled and segmented

4 tablespoons crumbled goat or feta cheese

4 teaspoons walnuts, toasted and chopped

Salt

PREPARATION

Preheat oven to 400 degrees. Wrap each beet in foil and bake 45-60 minutes, or until a knife can easily pierce them. Set aside to cool. Once cooled, unwrap, peel off outside layer and cut into wedges.

Whisk together oil, orange juice, shallot, mustard, sugar and pinch of salt until smooth.

Divide arugula among four plates, top with beets, oranges, walnuts and dressing. Serve.

Besser, Jeanne., Doyle, Colleen, "Beet, Orange, and Arugula Salad." Recipe. The Great American Eat-Right Cookbook. Atlanta, Georgia: American Cancer Society, 2007. 96. Print.



Broccoli Pasta Salad

SERVES 8

INGREDIENTS

12 ounces whole-wheat pasta

1 small broccoli head, washed and cut into florets

1/4 cup olive oil

1/4 cup balsamic vinegar

2 tablespoons fresh lemon juice

1 tablespoon Dijon mustard

1 tablespoon honey

1 garlic clove, minced

2 pints cherry tomatoes, washed and halved

1/2 cup pitted Kalamata olives, chopped

1/2 cup torn fresh basil, washed

1/4 cup fresh parsley, washed

PREPARATION

Bring a pot of water to boil, cook pasta until tender, adding the broccoli two minutes before end of cooking. Drain pasta and broccoli.

Whisk together the oil, vinegar, lemon juice, mustard, honey, garlic. Season with pepper and a pinch of salt in a large bowl. Add tomatoes, olives, pasta and broccoli. Stir to coat. Top with basil and parsley. Cool in refrigerator 15-20 minutes, then serve.

Editors of Whole Living Magazine, "Whole-Wheat Pasta Salad." Recipe. Power Foods. New York: Clarkson Potter, 2010. 306. Print.

Cauliflower and Barley Salad with Toasted Almonds

SERVES 4

INGREDIENTS

1 cup pearly barley

3 1/2 cups water

3/4 cup raw almonds, toasted and chopped

1/2 head cauliflower, washed and cut into small florets

1/2 cup olive oil

3 ounces (3/4 cup) parmesan cheese, grated

1 cup fresh parsley, washed and chopped

1/2 fresh lemon, juiced

Salt and pepper

PREPARATION

Combine barley with water and pinch of salt in a medium saucepan, bring to a boil. Reduce heat to low, cover, and simmer until tender, about 30 minutes. Drain and set aside to cool.

Once cool, place barley in a large bowl; add the almonds, cauliflower, oil, lemon juice and a pinch of salt to taste. Toss to combine. Stir in cheese and parsley. Season with pepper. Serve.

Editors of Whole Living Magazine, "Cauliflower and Barley Salad with Toasted Almonds." Recipe. Power Foods. New York: Clarkson Potter, 2010. 302. Print.



Cauliflower Salad

INGREDIENTS

2 or 3 heads of romaine lettuce, washed and broken into bite size pieces

1 head of cauliflower, washed and cut into florets

1 medium onion, washed and sliced thin

1 cup light mayonnaise

1 cup plain non-fat Greek yogurt

1/4 cup sugar

1/2 cup parmesan cheese

PREPARATION

In a 9x13 dish, layer all ingredients. Allow to stand overnight. Stir when ready to serve.

Recipe submitted by survivor



Quinoa Black Bean Salad

SERVES 10

INGREDIENTS

1 1/4 cups Quinoa	1 ounce jalapeno, seeds removed, diced
2 1/2 cups boiling water	1 ounce cilantro, chopped
15 ounces black beans, drained	1/4 cup red wine vinegar
15 ounces yellow corn	2 tablespoons lime juice
1 tablespoon olive oil	1 tablespoon garlic, chopped
5 ounces red bell pepper, diced	2 teaspoons black pepper, ground
5 ounces green bell pepper, diced	1 tablespoon cumin, ground

PREPARATION

Add the quinoa to the boiling water. Reduce to simmer and cook until all water is absorbed. Remove from heat and cool.

Coat the yellow corn with olive oil and roast for five to ten minutes until lightly browned. Cool.

Combine all of the ingredients—black beans, roast corn, red and green bell peppers, jalapeno, cilantro, red wine vinegar, lime juice, garlic, black pepper, cumin, and kosher salt. Blend well and taste for seasoning.

Recipe submitted by The Ohio State University Catering

Green Salad with Raspberry Vinaigrette

SERVES 5

INGREDIENTS

Dressing

1/4 cup white wine vinegar
 1/2 cup fresh raspberries, washed and pureed
 1 1/2 tablespoons extra-virgin olive oil
 1/4 teaspoon salt
 Pinch of ground black pepper

Salad

4 cups mixed greens
 1 cup fresh raspberries, washed
 1 tablespoon pine nuts

PREPARATION

Whisk dressing ingredients in a bowl until smooth.

Combine salad ingredients with dressing, toss to coat and serve.

Recipe from: <http://www.diabetes.org/mfa-recipes/recipes/green-salad-with-raspberry.html>



Kale Salad with Pistachios

SERVES 6

INGREDIENTS

2 bunches of kale, washed and stems removed

1/4 cup extra virgin olive oil

4 tablespoons lemon juice, more to taste if needed

3 cloves of garlic, minced

1 cup pistachios, shells removed

1/2 cup fresh parmesan cheese, grated

Salt and pepper to taste

PREPARATION

Tear kale leaves and place in a large bowl. Top with pistachios and parmesan cheese.

Whisk together olive oil, lemon juice, garlic and salt and pepper to taste, until smooth.

Pour dressing over kale mixture, toss to coat and serve.

Recipe adapted from: <http://cancerdietitian.com/2013/03/new-kale-recipe-and-other-reader-inspired-recipes.html>



Kale Slaw with Peanut Dressing

SERVES 8

INGREDIENTS

2 bunches of kale, washed, stems and center ribs removed, sliced thin

1 yellow, orange, or red bell pepper, washed and thinly sliced lengthwise

2 carrots, washed, peeled and thinly sliced crosswise

1/2 cup roasted, unsalted peanuts

1/2 cup canola oil

1/4 cup apple-cider vinegar

2 tablespoons brown sugar

Salt

PREPARATION

Toss together kale, bell peppers and carrots in a large bowl. Puree 1/4 cup peanuts, oil, vinegar, brown sugar and a pinch of salt in a blender or food processor until smooth. Chop remaining 1/4 cup of peanuts.

Pour dressing over vegetables and toss to coat. Sprinkle peanuts on top and serve.

Editors of Whole Living Magazine, "Kale Slaw with Peanut Dressing." Recipe. Power Foods. New York: Clarkson Potter, 2010. 310. Print.

Kohlrabi and Turnip Slaw

SERVES 4

INGREDIENTS

2 small kohlrabi bulbs, washed, leaves intact

1 turnip, washed, peeled and quartered

3 tablespoons fresh lime juice (2-3 limes)

1 tablespoon canola oil

2 teaspoons honey

1 teaspoon toasted sesame oil

2 scallions, washed and thinly sliced

Salt and pepper

PREPARATION

Separate stems from kohlrabi bulbs; trim off tough ends. Remove leaves from stems and thinly slice. Trim root end from bulbs and peel away tough outer layer; halve lengthwise. Shred kohlrabi bulbs and turnip.

In a bowl, whisk together lime juice, canola oil, honey, sesame oil; season with pepper and a pinch of salt. Add scallions, kohlrabi leaves and bulbs, and turnip. Toss to coat. Let stand 15 minutes, then serve.

Editors of Whole Living Magazine, "Kohlrabi and Turnip Salad." Recipe. Power Foods. New York: Clarkson Potter, 2010. 282. Print.



Strawberry, Fennel, and Arugula Salad

SERVES 4

INGREDIENTS

4 cups packed baby arugula, washed

1 cup fennel, washed and thinly sliced

12 strawberries, washed and sliced

2 tablespoons fresh mint, washed and chopped

6 tablespoons lemony balsamic vinaigrette (recipe at right)

1/4 cup sliced almonds, toasted

Lemony balsamic vinaigrette

2 tablespoons balsamic vinegar

2 tablespoons freshly squeezed lemon juice

1/2 teaspoon lemon zest, grated

1/2 teaspoon sea salt

1/2 teaspoon black pepper

1/4 cup extra virgin olive oil

PREPARATION

Whisk dressing ingredients together until smooth.

Place arugula, fennel, strawberries, almonds and mint in a large bowl. Drizzle the vinaigrette over top and toss to combine. Serve.

Edelson, Mat., Katz, Rebecca. "Strawberry, Fennel, and Arugula Salad." Recipe. The Longevity Kitchen. New York: Ten Speed Press, 2013. 91. Print.



Swiss Chard, Mushroom and Quinoa Salad

SERVES 4

INGREDIENTS

2 cups water	12 ounces mushrooms, washed and sliced
1 cup quinoa, rinsed and drained	2 teaspoons fresh thyme, washed and finely chopped
1 tablespoon olive oil	1 ounce (1/2 cup) parmesan cheese, shaved
10 cups Swiss chard, washed and cut into 1/2-inch pieces	Pinch of red pepper (optional)
Salt and pepper	
1 garlic clove	

PREPARATION

In a medium saucepan bring water to a boil, add quinoa, cover and reduce to simmer. Cook until tender and water is absorbed, about 15-20 minutes. Remove from heat and set aside.

Heat one teaspoon olive oil in skillet over medium heat, cook Swiss chard, stirring until wilted and tender, about eight minutes. Season with a dash of salt and black pepper to taste. Add a pinch of red pepper flakes, toss to combine. Transfer to a plate.

Add remaining two teaspoons of oil and garlic to the same skillet, cook on medium heat, stirring until garlic is lightly golden, about 1 minute. Add the mushrooms and cook until mushrooms are tender. Stir in quinoa, heat through about one minute. Stir in thyme and remove from heat. Sprinkle with parmesan and serve.

Editors of Whole Living Magazine, "Swiss chard, Mushroom and Quinoa Salad." Recipe. Power Foods. New York: Clarkson Potter, 2010. 256. Print.

Open-Faced Tomato, Basil and Mozzarella Sandwich

SERVES 4

INGREDIENTS

1 tomato, washed and cut into 1/4 inch slices	1 tablespoon extra virgin olive oil
4 ounces fresh mozzarella, sliced into 1 ounce slices	4 halves of whole grain 100 calorie buns
2 tablespoons fresh basil, washed and shredded	

PREPARATION

Place oil in a medium skillet and turn to medium heat. Add the tomato slices and cook a few minutes on each side. Add a pinch of salt and pepper to both sides of the tomato. Place a tomato slice on each bun. Next top with a fresh mozzarella cheese slice. Place the sandwiches back into the cleaned pan with a touch of olive oil, under medium heat to melt the cheese. Cover lightly to maintain heat. Remove sandwich from pan and top with shredded basil. Serve immediately.

Recipe submitted by Chef Jim Warner, The Ohio State University Wexner Medical Center



Tomato, Onion and Cucumber Salad

SERVES 6

INGREDIENTS

3 tablespoons rice vinegar

1 tablespoon canola oil

1 teaspoon honey

1/2 teaspoon salt

1/2 teaspoon freshly ground pepper, more to taste

2 medium cucumbers, washed and sliced

4 medium tomatoes, washed and cut into 1/2-inch wedges

1 Vidalia or other sweet onion, washed, halved, and very thinly sliced

2 tablespoons coarsely chopped fresh herbs, such as flat-leaf parsley, chives and/or tarragon, washed

PREPARATION

Whisk vinegar, oil, honey, salt and pepper in a large bowl.

Add the cucumber slices, tomatoes, and onion to the dressing; gently toss to combine. Refrigerate for 30 minutes to let flavors marinate. Add herbs just before serving.

Recipe from: http://www.heart.org/HEARTORG/GettingHealthy/Nutrition-Center/Recipes/Summer-Tomato-Onion-Cucumber-Salad_UCM_442663_Recipe.jsp



soups

Black Bean Chili

SERVES 6

INGREDIENTS

2 tablespoons extra virgin olive oil

1 cup yellow onion, washed and chopped

1 1/2 cups of a mix of red, orange and yellow bell peppers, washed and chopped

3 cloves garlic, minced

1 jalapeno, ribs and seeds removed, washed and chopped

1-3 tablespoons chili powder (depending on spice preference)

1 teaspoon ground cumin

1 teaspoon dried oregano

1/2 teaspoon ground cinnamon

1 (28 ounce) can no-salt added crushed tomatoes

1/2 teaspoon sugar

2 (15 ounce) cans black beans, drained and rinsed

1 cup water

Salt and pepper

PREPARATION

In a large pot, heat olive oil over medium heat. Add the onions and sauté until soft. Add bell peppers and sauté until tender. Add the garlic and jalapeno and sauté for 30 seconds. Stir in chili powder, cumin, oregano, and cinnamon, mix to coat the onions and peppers. Stir in tomatoes, a pinch of salt, a few grinds of pepper, sugar, and one cup of water. Cover and bring to a boil. Decrease heat and simmer for 20 minutes. Remove lid and add beans and simmer, uncovered, for an additional 15 minutes, stirring occasionally. Serve.

Edelson, Mat., Katz, Rebecca. "Black Bean Chili." Recipe. One Bite at a Time: Nourishing Recipes for Cancer Survivors and Their Friends. New York: Celestial Arts, 2004. 28. Print.

Curried Carrot Soup

SERVES 6

INGREDIENTS

3 tablespoons canola oil

2 teaspoons curry powder

8 medium carrots, peeled and thinly sliced

4 medium stalks celery, thinly sliced

1 medium onion, coarsely chopped

5 cups reduced-sodium chicken broth

1 tablespoon lemon juice

1/2 teaspoon salt

Freshly ground pepper, to taste

PREPARATION

Cook oil and curry powder in a large saucepan over medium heat, stirring, until fragrant, 1 to 2 minutes. Stir in carrots, celery and onion; toss to coat in oil. Cook, stirring frequently, for 10 minutes. Stir in broth. Bring to a boil. Reduce heat and simmer until the vegetables are very tender, about 10 minutes. Remove from the heat; let stand 10 minutes. Lay a paper towel over the surface of the soup to blot away the oil that has risen to the top.

Working in batches of no more than 2 cups at a time, transfer the soup to a blender and puree (use caution when pureeing hot liquids). Return the pureed soup to the pan, place over medium heat and heat through. Season with lemon juice, salt and pepper.

Recipe from http://www.eatingwell.com/recipes/curried_carrot_soup.html

Creamy Cucumber Soup

SERVES 4

INGREDIENTS

1 tablespoon extra-virgin olive oil	1/4 teaspoon freshly ground pepper
2 cloves garlic, minced	Pinch of cayenne or ground red pepper
1 small onion, washed and diced	1 avocado, washed, pit removed and diced
1 tablespoon lemon juice	1/4 cup chopped fresh parsley, washed
4 cups cucumbers, washed, peeled, seeded, and thinly sliced	1/2 cup low-fat plain yogurt
1 1/2 cups reduced-sodium vegetable or chicken broth	

PREPARATION

Place oil in a large skillet, sauté garlic and onion, stirring occasionally until tender, one to three minutes. Add lemon juice, cucumbers, broth, pepper, and cayenne; bring to a gentle simmer and cook until cucumbers are tender, about six to eight minutes. Remove from heat and let cool.

Once mixture is cooled, transfer to a blender or food processor. Add avocado and parsley; blend on low until smooth. Pour into a serving bowl and stir in yogurt. Serve soup chilled.

Recipe adapted from http://www.eatingwell.com/recipes/creamy_cucumber_soup.html



Garden Vegetable Soup

SERVES 6

INGREDIENTS

1 onion, washed and chopped	1 cup fresh or frozen corn (washed and sliced off stalk if using fresh)
1 teaspoon garlic, minced	1 bay leaf
1 (16 ounce) can tomato purée	1 teaspoon Italian seasoning
4 cups water	Salt and pepper to taste
1 tablespoon Worcestershire sauce	1 cup fresh or frozen peas
1 cup carrots, washed and sliced	1/3 cup brown rice
1 cup celery, washed and sliced	

PREPARATION

Coat a large pot with non-stick canola or olive oil cooking spray, sauté onion and garlic until soft and garlic is golden, about three to five minutes. Add tomato purée, water, Worcestershire, carrots, celery, corn, bay leaf, Italian seasoning, salt and pepper. Bring to a boil; reduce heat, cover, and simmer 20 minutes. Add the peas and rice and simmer additional 40-45 minutes, until rice is tender.

Remove bay leaf with slotted spoon, add more water if needed and serve.

Clegg, Holly. "Quick Veggie Soup." Recipe. Eating Well Through Cancer: Easy Recipes & Recommendations During & After Cancer Treatment. Nashville, TN: Favorite Recipes Press, 2006. 98. Print.

Roasted Beets with Balsamic Glaze

SERVES 6 to 8

INGREDIENTS

2 pounds red beets, medium sized, green tops removed, and washed

Olive oil

Salt

1/2 cup balsamic vinegar

2 teaspoons sugar

1 teaspoon grated orange zest

Freshly ground black pepper

PREPARATION

Preheat oven to 400°F. Line a roasting pan with aluminum foil. Place the beets in the pan. Rub olive oil over the beets and sprinkle with salt. Cover the beets with another sheet of aluminum foil. Roast for 1 to 2 hours, depending on the size of the beets. After one hour, test every 15 minutes by poking a beet with a fork. Once the fork goes in easily and the beets are tender and cooked, remove from the oven.

Prepare balsamic glaze. Add balsamic vinegar and sugar to a small pan and cook on medium-high heat, stirring often. Continue cooking until glaze is syrup consistency.

Once beets are cool enough to handle, peel off the outer skins and cut them into bite-size portions. Place beets in a serving bowl and pour balsamic glaze over them, coating well, add orange zest and serve.

Recipe from http://www.simplyrecipes.com/recipes/roasted_beets_with_balsamic_glaze/



side dishes

Roasted Beets with Dill Dressing

SERVES 4

INGREDIENTS

3 teaspoons extra virgin olive oil, divided

4 medium beets, stems, tops, and roots removed, washed

2 tablespoons white wine vinegar

2 teaspoons minced fresh dill

1/4 teaspoon honey

Salt and pepper

PREPARATION

Preheat the oven to 400 degrees.

In a baking pan, drizzle 1 teaspoon of the olive oil over the beets, turning to coat in oil. Roast uncovered for about 1 hour, until tender when pricked with a fork. Remove the beets from the oven and cool slightly. When cool enough to handle, peel the beets and cut them into quarters. In a serving bowl, combine the remaining 2 teaspoons of oil, vinegar, dill, honey, and salt and pepper to taste. Add the roasted beets, toss well, and serve warm.

American Institute of Cancer Research. "Roasted Beets with Dill Dressing." The New American Plate Cookbook. California: University of California Press, 2005. 19. Print.



Sesame Broccoli

SERVES 4

INGREDIENTS

1 pound broccoli, washed and cut into florets

1 teaspoon grated ginger or 1/4 teaspoon ground

1 tablespoon soy sauce

1/2 teaspoon sesame oil

Sesame seeds

PREPARATION

Steam broccoli until crisp-tender, drain and transfer to a large bowl. Whisk together ginger, soy sauce, and sesame oil until smooth. Pour sauce over broccoli and toss well to coat. Sprinkle with sesame seeds and serve.

Recipes submitted by Candice Schreiber, RD, LD, JamesCare for Life Dietitian



Broccoli Soufflé

SERVES 4

INGREDIENTS

1 large broccoli head, washed, cut and cooked until tender, then drained

4 egg whites or 4 ounces nonfat pasteurized egg product

1/3 cup Parmesan cheese, grated

1/3 teaspoon salt

Dash of nutmeg

Freshly ground pepper

Cooking spray

PREPARATION

Puree broccoli in food processor until smooth. Add remaining ingredients and puree until creamy and smooth. Coat four microwave-safe ramekins with non-stick cooking spray and fill with broccoli mixture. Microwave individually for six to eight minutes until center is set and firm. Run paring knife around the sides of ramekins to loosen soufflé for easy removal. Carefully invert each mold and serve warm.

Recipes submitted by Candice Schreiber, RD, LD, JamesCare for Life Dietitian



Roasted Brussels Sprouts

SERVES 4

INGREDIENTS

4 cups trimmed Brussels sprouts, washed and halved

2 tablespoon olive oil

2 garlic cloves, minced

1/2 fresh lemon, washed

1 teaspoon lemon zest

Pinch of salt and pepper

Cooking spray

PREPARATION

Preheat oven to 425 degrees.

Whisk together oil, garlic, lemon juice, lemon zest, salt and pepper until smooth. Pour over Brussels sprouts in a large bowl, toss to coat. Spread on a coated baking pan and bake at 425 degrees until browned and tender. Serve.

Recipes submitted by Candice Schreiber, RD, LD, JamesCare for Life Dietitian



Brussels Sprouts with Shallots and Nutmeg

SERVES 6

INGREDIENTS

3 cups fresh Brussels sprouts, trimmed and washed

2 teaspoon extra virgin olive oil

2 small shallots, washed and minced

1/2 cup fat-free, reduced sodium chicken or vegetable broth

1/8 teaspoon nutmeg

3 tablespoon almonds, toasted and chopped

2 tablespoons parsley

Salt and pepper

PREPARATION

Add about two inches of water to a pot and place a steamer basket inside. Bring the water to a boil and put the sprouts in the steamer. Cover and steam over high heat for about 8 minutes, until sprouts are bright green and just tender. Drain and set aside.

In a medium skillet, heat olive oil over medium heat. Add shallots and sauté until translucent, about two minutes. Add the sprouts and the broth, cover and cook over medium heat for two minutes. Remove cover and cook additional two minutes, until broth is absorbed. Stir in nutmeg and season with salt and pepper. Transfer to a serving dish, top with almonds and parsley and serve.

American Institute of Cancer Research. "Brussels Sprouts with Shallots and Nutmeg." The New American Plate Cookbook. California: University of California Press, 2005. 22. Print.

Brussels Sprouts with Walnut-Lemon Vinaigrette

SERVES 4

INGREDIENTS

1 pound Brussels sprouts, washed, trimmed and quartered

2 tablespoons walnut oil

1 tablespoon shallot, washed and minced

1/4 teaspoon freshly grated lemon zest

1 tablespoon lemon juice

1 teaspoon whole-grain or Dijon mustard

1/4 teaspoon salt

Freshly ground pepper to taste

PREPARATION

Preheat oven to 425 degrees.

Whisk together oil, garlic, lemon juice, lemon zest, salt and pepper until smooth. Pour over Brussels sprouts in a large bowl, toss to coat. Spread on a coated baking pan and bake at 425 degrees, until browned and tender. Serve.

Recipe from http://www.eatingwell.com/recipes/brussels_sprouts_with_walnut_lemon_vinaigrette.html



Cabbage Slaw

SERVES 4

INGREDIENTS

2 cups green cabbage, washed and finely shredded

1/2 cup red bell pepper, washed and thinly sliced

1/3 cup red onion, washed and thinly sliced

2 tablespoons seasoned rice vinegar

2 tablespoons extra virgin olive oil

1/4 teaspoon salt

1/8 teaspoon freshly ground pepper

PREPARATION

Toss cabbage, bell pepper, onion, vinegar and oil in a large bowl. Season with salt and pepper; toss again to combine and serve.

Recipe from http://www.eatingwell.com/recipes/cabbage_slaw.html



Ginger-Carrot Salad with Cranberries

SERVES 4

INGREDIENTS

1 tablespoon freshly squeezed lemon juice

1/2 teaspoon honey

1 teaspoon freshly grated or finely minced ginger

1/8 teaspoon cinnamon

Pinch of salt

2 cups carrots, washed, grated or julienned (can use part cabbage)

1/4 cup dried cranberries

2 tablespoons sliced almonds or peanuts

PREPARATION

In medium bowl, whisk together lemon juice, honey, ginger, cinnamon and salt. Toss with carrots, (cabbage if using) and cranberries. Top with sliced almonds or peanuts and serve.

Recipe from http://www.aicr.org/enews/december_2013/enews-deliciously-healthy.html



Roasted Carrots and Parsnips

SERVES 8

INGREDIENTS

1 pound parsnips, washed and cut into 1-inch pieces

1 pound carrots, washed and cut into 1-inch pieces

1 onion, washed and cut into wedges

2 tablespoons canola oil

1 teaspoon dried thyme

2 tablespoons pure maple syrup

1 tablespoon Dijon mustard

PREPARATION

Preheat oven to 400 degrees.

Toss parsnips, carrots, onions, oil and thyme in a bowl until evenly coated. Place on a baking dish. Roast in oven for 30 minutes.

Meanwhile, combine syrup and mustard in a small bowl. Pour over vegetables and continue to roast for another 20-25 minutes until browned and tender.

Berinstein, Neil, LaMantia, Jean. "Roasted Carrots and Parsnips." Recipe. Cancer Treatment Nutrition Guide & Cookbook. Toronto, Ontario, Canada: Robert Rose Inc., 2012. 220. Print.



Parmesan Cauliflower

SERVES 4

INGREDIENTS

1 head cauliflower, washed and cut into florets

1/4 cup parmesan cheese

1 clove of garlic, minced

1 tablespoon olive oil

Salt and pepper

PREPARATION

Place cauliflower florets, minced garlic, olive oil, salt and pepper in large sealable plastic bag. Shake to combine ingredients. Let stand for 10-20 minutes. Transfer to a coated baking dish and bake at 400 degrees for 20-30 minutes or until cauliflower is tender and lightly browned. Top with parmesan cheese and return to oven for five minutes to melt cheese. Serve.

Recipes submitted by Candice Schreiber, RD, LD, JamesCare for Life Dietitian



Cheesy Cauliflower Tots

SERVES 7 (one serving is five tots)

INGREDIENTS

Cooking spray	1/3 cup breadcrumbs
1 head cauliflower, washed and trimmed	2 scallions (white and green parts), washed, minced
1 egg	1/2 teaspoon salt (optional)
1 egg white	1/4 teaspoon ground black pepper
1/2 cup reduced fat, shredded cheddar cheese	

PREPARATION

Preheat the oven to 400 degrees. Coat one large baking sheet with cooking spray.

Place the cauliflower in the oven for about 10-12 minutes or until soft. Let it cool, then mince the cauliflower and place in a large bowl.

Stir the remaining ingredients into the minced cauliflower and let the mixture stand for 10 minutes.

After setting, stir the mixture again. Using a tablespoon, scoop cauliflower mixture onto the baking sheet and form into balls. Repeat to make 35 tots.

Spray each tot with cooking spray. Bake for 15 minutes. Turn the tots and bake an additional 10 minutes or until golden brown. Serve.

Recipe from: <http://www.diabetes.org/mfa-recipes/recipes/2014-02-cheesy-cauliflower-tots.html>

Kale with Apples & Mustard

SERVES 4

INGREDIENTS

1 tablespoon extra-virgin olive oil	2 tablespoons cider vinegar
1 to 1 1/2 pounds of kale, washed, ribs and stems removed, chopped	4 teaspoons whole-grain mustard
2/3 cup water	2 teaspoons brown sugar
2 Granny Smith apples, washed and sliced	Pinch of salt

PREPARATION

Heat oil in a large skillet over medium heat. Add kale and cook, stirring often, until bright green, about one minute. Add water, cover, and cook, stirring occasionally for three minutes. Stir in apples; cover and cook, stirring occasionally until kale is tender, about eight to 10 minutes.

Whisk together vinegar, mustard, brown sugar, and salt in a small bowl. Add to kale, heat on high, uncovered, until most of the liquid evaporates, about three to four minutes.

Recipe from heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Kale-with-Apples-Mustard_UCM_442620_Recipe.jsp



Roasted Kohlrabi and Sweet Potatoes

SERVES 2

INGREDIENTS

1 cup sweet potatoes, washed, skin removed and cubed

1 cup kohlrabi, washed, skin removed and cubed

1 tablespoon olive oil

5 sprigs of fresh thyme, washed and chopped, or 1 teaspoon of dried thyme

Salt and pepper to taste

PREPARATION

Preheat oven to 450 degrees. Mix all ingredients together in a large bowl. Coat a baking pan with non-stick spray. Roast ingredients for 25-30 minutes, turning half way through. Serve.

Recipe adapted from <http://wholelifestylenutrition.com/recipes/side-dish/roasted-kohlrabi-and-sweet-potatoes/>



Braised Kohlrabi

SERVES 4

INGREDIENTS

1 teaspoon olive oil

1 1/2 pounds kohlrabi, washed, peeled, and cut into 1/4-inch strips

1 1/2 cups fat-free, reduced-sodium chicken or vegetable broth

Ground pepper

Fresh lemon juice

PREPARATION

In a medium nonstick skillet, heat the olive oil over medium heat. Add kohlrabi and sauté for five minutes. Add the broth, bring to a boil, cover, and reduce heat to low. Cook for 15-20 minutes, until kohlrabi is tender. Season to taste with pepper. Sprinkle with a few drops of lemon juice, if desired. Serve.

American Institute of Cancer Research. "Braised Kohlrabi." The New American Plate Cookbook. California: University of California Press, 2005. 26. Print.



Tri-colored peppers with fresh herbs

SERVES 4

INGREDIENTS

2 teaspoons olive oil	1 teaspoon balsamic vinegar
1 large red bell pepper, washed, seeded and julienned	1 tablespoon minced fresh basil, washed
1 large yellow bell pepper, washed, seeded and julienned	1 teaspoon minced fresh oregano, washed
1 large orange bell pepper, washed, seeded and julienned	1 teaspoon minced fresh thyme, washed
2 garlic cloves, minced	Salt and pepper

PREPARATION

In a large skillet heat the oil over medium heat. Add the peppers and sauté three to five minutes, stirring often until crisp but tender. Add the garlic and sauté two more minutes, stirring often. Add the vinegar, basil, oregano and thyme, and season to taste with salt and pepper. Cover and cook for one minute. Serve.

American Institute of Cancer Research. "Tricolored Peppers with Fresh Herbs." The New American Plate Cookbook. California: University of California Press, 2005. 37. Print.



Marinated Peppers and Zucchini with Almonds

SERVES 4

INGREDIENTS

1/2 red pepper, washed and thinly sliced	1 tablespoon extra-virgin olive oil, divided
1/2 orange pepper, washed and thinly sliced	1 1/2 teaspoon apple cider vinegar
1 small zucchini, washed, cut in half and thinly sliced horizontally	Salt and ground black pepper to taste
1/2 cup frozen corn kernels, thawed or 1/2 cup canned corn kernels, rinsed and drained	2 tablespoons lightly toasted sliced almonds

PREPARATION

Heat 1/2 tablespoon oil in a large skillet, sauté peppers, zucchini and corn over high heat for two to three minutes. Remove from heat and place in serving bowl. In a small bowl whisk together remaining oil, vinegar, salt and pepper. Pour over vegetables and gently toss. Top with almonds and serve.

Recipe from http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=9503&news_iv_ctrl=1128



Roasted Broccoli with Feta

SERVES 3-4

INGREDIENTS

1 bunch of broccoli, washed and cut into florets.

Olive Oil

Feta Cheese

1/4 fresh lemon, juiced

PREPARATION

Place broccoli florets on a baking pan. Drizzle with olive oil and sprinkle with feta cheese.

Bake at 350 degrees about 20 minutes, until the broccoli is tender. Remove from oven and sprinkle with lemon juice.

Recipe submitted by Patricia Madigan, survivor



Roasted Turnips

SERVES 6

INGREDIENTS

3 pounds turnips, washed, peeled and sliced

1/2 sweet onion, washed and sliced thin

3 garlic cloves, minced

2 tablespoons olive oil

2 teaspoons dried basil

2 teaspoons dried parsley

2 teaspoons dried thyme

1 teaspoon dried oregano

1 teaspoon dried rosemary

Salt and pepper

PREPARATION

Preheat oven to 425 degrees.

In a large mixing bowl combine all ingredients and toss to coat. Coat a large baking pan with non-stick cooking spray. Arrange vegetables on baking pan and bake until browned on both sides, about 20-30 minutes, flipping half way through. Serve.

Recipe from <http://www.food.com/recipe/savory-oven-roasted-turnips-448999?scaleto=6&mode=null&st=true>



Snow Peas with Cashews

SERVES 4

INGREDIENTS

1 teaspoon canola oil

1 teaspoon dried orange peel

3 cups snow peas, rinsed and drained

Salt and freshly ground black pepper to taste

1-2 tablespoons toasted cashew nuts, finely chopped

PREPARATION

In nonstick skillet, heat oil. Add orange peel and cook over low heat for two minutes.

Add snow peas and salt and pepper to taste. Turn heat to medium. Stirring constantly, cook three to four minutes or until snow peas are bright green and crunchy. Sprinkle with cashews and serve.

Recipe from http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=7202&news_iv_ctrl=1128



Spiced Quinoa with Peas

SERVES 4

INGREDIENTS

1 tablespoon canola oil

1 cup quinoa, rinsed and drained

1 medium onion, washed, peeled and diced

1 teaspoon fresh ginger, grated

1 teaspoon ground turmeric

1 teaspoon ground coriander

1 teaspoon ground curry powder

1/2 teaspoon salt

1 1/2 cups of water

3/4 cup peas

1/4 cup fresh cilantro, washed and chopped

PREPARATION

In a large skillet heat oil, add onion and cook until translucent, about five minutes. Add ginger, turmeric, coriander, curry, and salt to onion and cook one minute. Add quinoa and cook three minutes, stirring occasionally. Add the water and bring to a boil, reduce heat and cover. Cook until quinoa is tender, about eight to 10 minutes.

Just before all the liquid is absorbed, add peas and return lid and let mixture cook for an additional five minutes. Top with cilantro and serve.

Recipe adapted from <http://www.theorganicdietitian.com/super-spice-quinoa-with-peas-and-cashews/>

Watercress, Avocado and Pineapple Salad

SERVES 6-8

INGREDIENTS

2 bunches watercress, washed and dried

1 pineapple, washed, peeled, cored, and cut into four, 1-inch thick slices

1 tablespoon sugar

3 garlic cloves, finely chopped

1/4 cup extra-virgin olive oil

2 tablespoons cider vinegar or fresh lime juice

1/8 teaspoon ground cumin

1 teaspoon salt

1/4 teaspoon freshly ground black pepper

1 large avocado, pit removed, peeled, and sliced

1 small red onion, washed and thinly sliced

PREPARATION

Heat the broiler. Place the pineapple slices on a baking pan and sprinkle sugar evenly on top of them. Broil about four inches from the heat source, turning once, for five to ten minutes on each side, until golden brown (watch closely to avoid burning). Let cool, then cut into one-inch cubes. Set aside.

Place the garlic, olive oil, vinegar or lime juice, cumin, salt and pepper in a small bowl and whisk to combine. Set aside.

Place the watercress in a medium bowl and toss with half the dressing. Add the pineapple and avocado to the same bowl and toss with the rest of the dressing. Top with sliced onions.

Recipe from <http://food52.com/recipes/21736-maricel-e-presilla-s-cuban-avocado-watercress-and-pineapple-salad>

Sweet Potato and Zucchini Pancakes

Makes 18 small pancakes (one serving is 4 pancakes)

INGREDIENTS

8 ounces sweet potatoes, washed, peeled and grated

1 small zucchini, washed and grated

1/2 small onion, washed and grated

2 eggs, beaten

1/2 teaspoon sea salt

1/4 teaspoon black pepper

1/8 teaspoon fresh nutmeg, grated

1/2 cup loosely packed fresh basil, washed and shredded

1 1/2 tablespoons extra-virgin olive oil

1 tablespoon whole wheat flour

PREPARATION

Place grated sweet potatoes, zucchini and onion in a colander and press out excess moisture. Place beaten eggs, salt, pepper and nutmeg in a large bowl, whisk to combine. Add the vegetables, basil and flour, stir to combine.

Heat the oil in a large skillet over medium heat. Using a tablespoon, scoop mixture into the skillet and flatten with the back of a spoon. Cook until golden brown on both sides, about two minutes per side. Serve warm with a scoop of plain, non-fat Greek yogurt if desired.

Edelson, Mat., Katz, Rebecca. "Sweet Potato and Zucchini Pancakes." Recipe. The Longevity Kitchen. New York: Ten Speed Press, 2013. 105. Print.



Baked Sweet Potato Fries

SERVES 4

INGREDIENTS

2 large sweet potatoes, washed, peeled, cut into 3/4-inch wedges

2 tablespoons olive oil

2 teaspoons brown sugar

1/2 teaspoon cinnamon

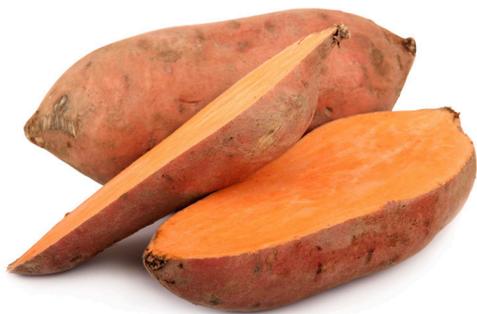
Dash of salt and pepper

PREPARATION

Preheat oven to 400 degrees.

Coat a large baking pan with non-stick cooking spray. Toss sweet potatoes with olive oil in a large bowl. Add brown sugar, cinnamon, and a dash of salt and pepper and toss together. Arrange sweet potatoes on baking pan and bake until browned and crisp, about 40 minutes, flipping half way through. Serve.

Recipes submitted by Candice Schreiber, RD, LD, JamesCare for Life Dietitian



Mashed Ginger Sweet Potatoes

SERVES 6

INGREDIENTS

4 cups sweet potatoes, washed, peeled and cubed

1 teaspoon salt

2 tablespoons unsalted butter

1/2 teaspoon fresh ginger, grated

1/4 teaspoon maple syrup

Pinch of cinnamon

Pinch of nutmeg

PREPARATION

Bring a large pot of water to a boil. Add the sweet potatoes and salt and cook until tender, about 25 minutes. Drain potatoes, reserving 1/4 cup cooking liquid and return sweet potatoes to the pot. Add the butter, ginger, syrup, cinnamon, nutmeg, and 2-3 tablespoons of reserved cooking liquid. Use potato masher or electric hand mixer to mash potatoes. Top with additional cinnamon if desired, and serve.

Edelson, Mat., Katz, Rebecca. "Mashed Ginger Sweet Potatoes with Fresh Nutmeg." One Bite at a Time: Nourishing Recipes for Cancer Survivors and Their Friends. New York: Celestial Arts, 2004. 72. Print.

Garlicky Swiss Chard

SERVES 2-3

INGREDIENTS

4 cups tightly packed Swiss chard, washed and chopped

1 tablespoon olive oil

2 cloves garlic, minced

1-2 tablespoons balsamic vinegar

Pinch of salt and pepper

PREPARATION

Prepare greens by washing, patting dry, removing any tough stems, and chopping or slicing into smaller pieces.

Heat the olive oil in a large wok or skillet and add the garlic. Saute for 30 seconds or so until fragrant, being careful not to burn the garlic. Add the greens and a pinch of salt and stir to coat. Sauté until just tender and still bright in color. If the greens seem too dry, add a splash of water to help steam-cook. Just before the greens are done, add the balsamic vinegar and stir to coat, cooking for another half minute or so. Remove from heat, season to taste with salt and pepper, and serve warm.

Recipe from <http://swellvegan.com/?p=1031>



Tabbouleh

SERVES 6

INGREDIENTS

1 package *Trader Joe's* 10 Minute Farro, cooked

1 1/2 cups minced parsley

1/4 cup minced mint

1/4 cup minced cilantro

2/3 cup finely diced cucumber, washed

4 medium Roma tomatoes, washed and diced

4 green onions, washed and chopped

1 tablespoon minced garlic

2 tablespoons lemon juice, or more to taste

6 tablespoons olive oil

1 teaspoon salt

Black pepper

PREPARATION

Cook and drain the farro. Combine all of the ingredients, tossing well. Cover and refrigerate for a couple of hours to allow the flavors to meld.

*Optional, add a sprinkle of feta and/or dash of lime.

Recipe submitted by survivor



Vegetable and Rice Stuffed Pumpkin (vegan)

SERVES 6

INGREDIENTS

1 pumpkin (14 – 15" in diameter, or two smaller ones)	1 small can corn, drained (optional)
4 tablespoons sugar (or honey)	1 medium sweet green pepper, washed and chopped
2 tablespoons tamari sauce	1 medium sweet red pepper, washed and chopped
1 cup water	1 medium zucchini squash, washed and chopped
1/2 pound fresh shelled chestnuts	1 medium yellow squash, washed and chopped
1/4 cup unsulfured raisins	2 medium fresh jalapeno peppers, washed, seeded and minced
1/4 cup unsulfured apricots, chopped	2 cups cooked brown basmati rice
1 Granny Smith apple (or any tart apple), washed and chopped	1/4 teaspoon mace
1/2 cup walnuts, broken but not too small	1/4 teaspoon turmeric
1 stalk celery, washed and chopped	Black pepper (to taste)
1 medium white onion, washed and chopped	1/2 teaspoon cinnamon
1 medium red onion, washed and chopped	4 tablespoons tamari sauce

PREPARATION

Preheat oven to 350 degrees. Wash the pumpkin. Cut off the top, angling the cut so the top will fit back on easily. Scoop out strings and seeds. Mix sugar and two tablespoons tamari (warm in microwave to mix easily) and spread evenly over inside of pumpkin.

Line the bottom of a large pan with a single piece of aluminum foil folded over itself three to four times. Pour one cup of water in pan. Place top back on pumpkin and place in baking pan. Cover the pumpkin and the pan with foil. Bake 20-25 minutes until the pumpkin is just starting to become tender.

Steam the chestnuts for about 15 minutes. Rinse them in cool water and remove brown skins. Chop coarsely.

Combine chestnuts, raisins, apricots, apple, walnuts, celery, white and red onions, corn, green and red pepper, zucchini, squash, jalapeno peppers, rice, mace and turmeric. Mix well. Add the four tablespoons of additional tamari and mix again.

Dust the inside of the pumpkin with the cinnamon. Pack the pumpkin with the filling and replace the pumpkin top. Return pan to oven. Add water to cover the bottom of the pan. Bake for 45-55 minutes. (Done when easily pierced with skewer.)

Remove the pumpkin *carefully* from the pan by wrapping the foil from the pan around it to keep the soft bottom intact. If you wish and can, scrape the insides of the pumpkin into the stuffing.

To store leftovers, remove the stuffing from the pumpkin, scrape all the pumpkin and mix into the stuffing. (Very good the next day.)

The recipe can be varied with different vegetables, nuts and fruits. Be sure the vegetables are chopped small enough so they cook in the pumpkin. Or cook hard root vegetables before mixing with other ingredients.

Recipe submitted by survivor

Adapted in 1994 from The High Road to Health, Wagner and Spade by Joe McKay

Zucchini Linguine

SERVES 2

INGREDIENTS

1 tablespoon olive oil

4 large zucchini, washed,
peeled and julienned

1/4 cup onion, washed and
minced

2 teaspoon garlic, crushed

1 teaspoon Italian seasoning

Black pepper, to taste

1/2 cup lower sodium marinara
sauce

PREPARATION

Heat olive oil in a large skillet over medium heat. Add the zucchini, onion, garlic, Italian seasoning, and black pepper, cook until zucchini is tender, about eight minutes. Add marinara sauce, toss to coat, and cook an additional two minutes then serve.

Adapted from <http://www.joybauer.com/healthy-recipes/zucchini-linguine.aspx>



Turkey and Cabbage Casserole

SERVES 6

INGREDIENTS

1 pound ground turkey	1 (28 ounce) can no-salt-added diced tomatoes
1 medium onion, washed and chopped	3/4 cup fat-free, reduced-sodium chicken broth
6 cloves garlic, minced	1 tablespoon white vinegar
3 medium carrots, washed and sliced thin	1 teaspoon dried thyme
2 medium celery stalks, washed and sliced thin	1 teaspoon dried basil
2 medium green bell peppers, washed and diced	1/4 teaspoon cayenne or red pepper
1 small green cabbage, washed and chopped	Salt and pepper to taste

PREPARATION

In a large pot, over medium-high heat, sauté turkey, onion, garlic, carrots, celery, and bell peppers until turkey is no longer pink, about 15 minutes.

Stir in remaining ingredients. Cover and bring to a boil. Uncover and let simmer until vegetables are tender, about 15 minutes. Serve over whole wheat noodles if desired.

Recipe from http://preventcancer.aicr.org/site/News2?abbr=pr_hf_&page=NewsArticle&id=22859&news_iv_ctrl=1087

Eggplant Lasagna

SERVES 8

INGREDIENTS

1 medium sweet onion, washed and chopped	6 ounces tomato paste, no-salt-added
4 cloves garlic, minced, or 2 teaspoons jarred minced garlic	9 whole pasta, lasagna noodles, whole wheat
1 tablespoon thyme, fresh, chopped, or 1 teaspoon dried thyme	2 small eggplant, (about 12 ounces each), washed, trimmed and cut crosswise into 1/4 inch-thick slices
3/4 teaspoon salt	2 large egg whites
1/4 teaspoon pepper, black ground	15 ounces ricotta cheese, low-fat or part-skim
3 cans tomatoes, diced, no salt added, (14.5-ounce each) with basil, garlic and oregano	2/3 cup cheese, Parmesan, finely shredded

PREPARATION

Preheat oven to 375 degree. Coat a large nonstick skillet with oil spray. Heat skillet over medium heat and add onion. Cook for six to eight minutes or until tender, stirring occasionally. Add garlic, thyme, 1/2 teaspoon of the salt and the pepper. Cook and stir for 30 seconds. Transfer onion mixture to a blender. Add the tomatoes (with juices) and tomato paste. Cover and blend until smooth.

In a large pot, cook the lasagna noodles one minute less than the time given on the package (it should be about nine minutes). While the lasagna is cooking, add the eggplant slices, in three batches, to the boiling water and cook for three minutes per batch (the eggplant will float on top of the lasagna noodles). Remove the eggplant slices from the water and drain in a large colander. Drain the lasagna when it is done cooking.

PREPARATION cont.

In a medium bowl beat egg whites lightly with a fork. Stir in the remaining 1/4 teaspoon salt, the ricotta cheese and the Parmesan cheese.

Spread about 1/2 cup of the tomato sauce in the bottom of a 3-quart rectangular glass baking dish. Top with three of the noodles. Top with one-third of the ricotta mixture and spread to an even layer. Top with one-third of the eggplant slices. Pour one-third of the remaining tomato sauce over the eggplant. Repeat layers twice, starting with lasagna noodles and ending with the tomato sauce.

Bake, uncovered, for 55 to 65 minutes or until lasagna is heated through. Let cool slightly before serving.

Recipe from <http://www.joybauer.com/healthy-recipes/greekstyle-eggplant-lasagna.aspx>



Grilled Eggplant and Portobello Sandwich

SERVES 4

INGREDIENTS

1 medium eggplant, washed and sliced into 1/2-inch thick rounds

4 medium Portobello mushrooms, washed, stems and gills removed

Canola cooking spray

8 slices of whole-wheat sandwich bread, toasted

2 cups of watercress, washed

1 avocado, washed, skin and pit removed, mashed

1 large tomato, washed and cut into slices

Salt and pepper to taste

PREPARATION

Preheat grill or oven to 425 degrees

Coat both sides of eggplant and mushrooms with cooking spray and season with salt and pepper. Grill vegetables two to three minutes on each side, or bake 15-20 minutes, turning half way through, until tender and browned.

Spread one tablespoon of avocado onto four slices toasted bread, top with eggplant, mushroom, watercress and tomato. Top with the other slice of toasted bread. Slice in half and serve.

Recipe adapted from: http://www.eatingwell.com/recipes/grilled_eggplant_portobello_sandwich.html

Eggplant Parmesan

SERVES 4

INGREDIENTS

1 eggplant, washed, ends trimmed

Salt and pepper to taste

3/4 cup lower-sodium marinara sauce

3/4 cup part-skim mozzarella cheese

2 tablespoons Parmesan cheese, grated

Dried oregano to taste

Crushed red pepper to taste

PREPARATION

Preheat the oven to 400 degrees. Liberally coat a baking sheet with oil spray.

Slice the eggplant into rounds and arrange the slices in a single layer on the baking sheet. Mist the tops of the eggplant slices liberally with oil spray, and lightly sprinkle with kosher salt and pepper. Bake for 20 minutes, or until eggplant is soft and golden brown.

Top each slice with marinara, cheese, oregano and red pepper. Bake for another five to 10 minutes, or until the cheese is hot and bubbly. Serve.

Recipe from <http://www.joybauer.com/today-show/roasted-eggplant-parmesan.aspx>



Mustard Chicken with Summer Vegetables

SERVES 4

INGREDIENTS

4 tablespoons stone ground mustard

2 tablespoons reduced-sodium soy sauce

4 chicken breasts

1 medium fennel bulb, washed and cut into 1-inch wedges

2 small yellow squash, washed and sliced

2 small zucchini, washed and sliced

4 celery stalks, washed and sliced

4 carrots, washed and sliced lengthwise

1 red onion, washed and cut into 1-inch wedges

4 small red potatoes, washed and halved

4 springs of fresh thyme, washed

1 tablespoon olive oil

Salt and pepper to taste

PREPARATION

Preheat oven to 400 degrees.

Whisk together mustard and soy sauce and pour over chicken to let marinate while preparing vegetables.

Place fennel, squash, zucchini, carrots, celery, onion, potatoes and thyme in a large bowl, drizzle with olive oil and season with salt and pepper to taste. Toss to coat vegetables. Coat a large baking pan with non-stick spray and arrange vegetables. Place chicken over vegetables and pour remaining mustard sauce over chicken. Cover the pan with foil and roast until chicken is cooked through and vegetables are tender, about 50 minutes. Remove foil; broil four to five minutes until vegetables are browned. Serve.

Recipe from http://preventcancer.aicr.org/site/News2?abbr=pr_hf_&page=NewsArticle&id=21678&news_iv_ctrl=1087

Paprika Shrimp with Walnuts

SERVES 4

INGREDIENTS

2 tablespoons canola oil	1 1/2 cups turnips, washed, peeled, and cubed
1 tablespoon fresh ginger, minced	1 tablespoon cider vinegar
1 1/2 teaspoons paprika	3 tablespoons rice wine
3 tablespoons walnuts, chopped	1/4 cup fresh parsley (optional)
20 large shrimp, peeled and deveined	Salt and pepper to taste

PREPARATION

Heat oil in a skillet over medium heat, add ginger and paprika and cook until fragrant, about 30 seconds. Add walnuts and sauté until lightly browned, two to three minutes.

Add shrimp and cook, stirring occasionally, until pink, about two minutes per side. Stir in turnips, vinegar and rice wine and season with salt and pepper. Continue cooking until heated through, about two minutes. Top with parsley and serve.

Editors of Whole Living Magazine, "Paprika Shrimp with Walnuts." Recipe. Power Foods. New York: Clarkson Potter, 2010. 231. Print.



Whole-Wheat Pasta with Fennel, Peas and Arugula

SERVES 4

INGREDIENTS

1 fennel bulb, washed, trimmed, outer layer removed and thinly sliced	1 cup fresh or frozen green peas
8 ounces whole-wheat spaghetti	1 1/2 cups arugula, washed
2 tablespoons extra-virgin olive oil	2 teaspoons fresh lemon juice
1/2 red onion, washed and cut into slices	Ground pepper to taste
1 garlic clove, minced	3 tablespoons fresh parmesan cheese, grated
1 cup fat-free, reduced-sodium chicken broth	4 large basil leaves, washed and sliced into thin strips

PREPARATION

Cook pasta according to package instructions. Drain.

Heat oil in a large skillet over medium heat, add onions and cook two minutes, add garlic and cook until onions are translucent and garlic is golden, about two more minutes. Add fennel and cook two minutes, stirring occasionally. Pour in broth, cover, and cook vegetables, two minutes. Uncover, add peas and cook until fennel is crisp-tender, about two minutes. Mix in arugula and cook until wilted, about one minute. Add lemon juice and pepper to taste. Mix in cooked pasta and toss to coat. Top with basil leaves and cheese, and serve.

Recipe from http://www.aicr.org/assets/docs/pdf/her/HeR_Whole_Wheat_Pasta_with_Fennel.pdf

Peppers Stuffed with Turkey and Wild Rice

SERVES 4

INGREDIENTS

1 tablespoon olive oil

1/2 medium onion, washed and chopped

1 cup mushrooms, any kind, washed, and coarsely chopped

1 pound ground turkey

2 cups of baby spinach leaves, washed and chopped

1 cup tomatoes, washed and diced

2 cloves garlic, minced or 1 teaspoon garlic powder

1 teaspoon paprika

1 teaspoon oregano

Salt and pepper to taste

3/4 cup carrots, washed, cooked and chopped

1 1/2 cups cooked wild rice

4 large green or red bell peppers (or any combination), washed, tops removed,* and seeded

*Save tops to cover peppers during baking for a moister filling.

PREPARATION

Preheat oven to 350 degrees.

Heat oil in a large skillet over medium-high heat. Sauté onion and mushrooms until onions are translucent. Add turkey and cook until cooked through and no longer pink. Add spinach, tomatoes, garlic, paprika, oregano, salt and pepper to taste. Cook until spinach is wilted.

Place turkey mixture in large mixing bowl and add carrots and wild rice. Combine well. Using a spoon, lightly pack mixture into peppers and return tops of peppers. Place peppers in 9-inch square oven dish, add 1/4 cup water to bottom of pan and bake about 45-50 minutes or until peppers are just tender. Serve.

Recipe from <http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=22451>

Salmon and Watercress Salad

SERVES 4

INGREDIENTS

4 (4 ounce) pieces wild Alaskan Salmon, skinned

1 fresh lemon, washed and juiced

2 tablespoons white vinegar

1 tablespoon shallot, washed and chopped

1 tablespoon whole-grain mustard

1 garlic clove, minced

3 tablespoons extra-virgin olive oil

1 tablespoon fresh tarragon, washed and chopped

1 tablespoon fresh chives, washed and snipped

4-6 cups of watercress, washed and stems removed

PREPARATION

Preheat oven to 425 degrees.

Place salmon in a wide bowl and pour lemon juice over fish making sure to coat both sides. Let stand for 10 minutes.

Whisk together olive oil, shallot, vinegar, mustard, garlic, chives, tarragon and a pinch of salt and pepper.

Remove salmon from lemon juice, place on a baking sheet coated with non-stick cooking spray, and season with salt and pepper. Bake fish until cooked through and opaque, about 20 minutes.

Place watercress in a large bowl and drizzle with dressing. Toss to combine. Divide among four plates and top with salmon. Serve.

Recipe adapted from- Editors of Whole Living Magazine, "Crisp Mackerel Salad with Grainy Mustard Vinaigrette." Recipe. Power Foods. New York: Clarkson Potter, 2010. 197. Print.

Spinach Salad with Grilled Chicken and Three-Citrus Dressing

SERVES 4

INGREDIENTS

1 pound skinless and boneless chicken breast	1 tablespoon honey mustard
2 garlic cloves, chopped	Ground black pepper
Salt to taste	2 tablespoons extra-virgin olive oil, divided
3/4 cup orange juice	8 packed cups spinach leaves, washed and stemmed
2 tablespoons fresh lime juice	1 (11 ounce) can mandarin orange sections, drained
1 tablespoon lemon juice	1/4 cup chopped walnuts (optional)
1 teaspoon ground cumin	

PREPARATION

Cut chicken lengthwise into 1-inch strips and place in resealable plastic bag.

Place chopped garlic in a small bowl and add a pinch of salt, mash together to create a paste. Add orange juice, lime and lemon juices, cumin, honey mustard and black pepper to taste. Whisk in one tablespoon of oil.

Pour 1/2 cup of dressing into bag with chicken and seal, massage to coat chicken strips. Marinate chicken in refrigerator for one to two hours. Discard marinade.

Cook chicken in heated pan or over outdoor grill on medium-high heat until pieces are white in center at thickest point, turning them over often to prevent charring. Transfer to plate and let chicken rest for five minutes, then cut into one-inch pieces.

In a large bowl combine spinach and chicken. Whisk remaining one tablespoon of oil with dressing and pour over spinach and chicken. Toss to combine. Top with mandarin oranges and walnuts and serve.

Recipe from http://preventcancer.aicr.org/site/News2?abbr=pr_hf_&page=NewsArticle&id=17729&news_iv_ctrl=1126

Stuffed Portobellos

SERVES 4

INGREDIENTS

4 large portobello mushroom caps, washed, stems and gills removed	1 cup cooked brown rice
2 tablespoons olive oil	1/2 cup crumbled feta cheese
2 garlic cloves, minced	1 tablespoon pine nuts, toasted
1 shallot, washed and chopped	1 tablespoon fresh lemon juice
10 ounces fresh spinach, washed	Salt and pepper

PREPARATION

Preheat oven to 400 degrees.

Lightly coat a baking sheet with non-stick cooking spray. Brush mushrooms with oil and place rounded side down on the baking sheet.

In a large skillet add oil and sauté garlic and shallot over medium heat for one to two minutes. Add spinach and cook until wilted. Add rice and stir to combine. Remove from heat and stir in feta and pine nuts. Season with lemon juice and salt and pepper, and toss to combine. Evenly stuff the mixture into each mushroom cap. Bake for 10-12 minutes, until cheese is melted and mushrooms are heated through. Serve.

Besser, Jeanne., Doyle, Colleen. "Portobellos Stuffed with Spinach, Brown Rice, and Feta." Recipe. *The Great America Eat-Right Cookbook*. Atlanta, Georgia: American Cancer Society, 2007. 21. Print.

Vegetarian Moussaka

SERVES 8

INGREDIENTS

For “meatless” sauce

1 pound soy crumbles
 1-2 tablespoons olive oil
 1 onion, washed and chopped
 1 red bell pepper, washed and chopped
 4 cloves of garlic, minced
 1/2 teaspoon ground allspice
 1/2 teaspoon ground cinnamon
 1/2 teaspoon ground cayenne
 1/4 teaspoon ground ginger
 1/2 teaspoon black pepper
 2 teaspoons dried oregano
 2 tablespoons tomato paste
 (can substitute tomato sauce or spaghetti sauce, but use more, 1/2 cup or so)
 1/2 cup red wine (or more if you need more liquid)
 Zest from 1 lemon, washed
 1 or 2 tablespoons lemon juice
 Salt to taste

For moussaka foundation

2 medium (or 1 large) eggplants, washed
 1/3 cup salt
 4 cups water
 2-3 Yukon gold potatoes, washed
 1 cup (or more) Parmesan or pecorino cheese (if desired) – could substitute soy cheese
 Olive oil spray
For “béchamel” sauce
 1 head cauliflower, washed and separated into florets
 Unsweetened plain almond milk, as needed
 1 medium sweet onion, washed, peeled and diced
 2 cloves garlic, minced
 2 teaspoons minced fresh thyme
 1/4 cup finely chopped fresh basil
 1/4 teaspoon ground nutmeg
 Salt and pepper to taste

PREPARATION

To prepare eggplant: mix 1/3 cup salt with four cups water. Slice top and bottom off eggplant and pare off strips of skin lengthwise to create stripes. Slice eggplant into rounds 1/4 inch thick. Drop into brine and weigh them down so they are covered with water for 15 to 20 minutes. Then remove and lay out to dry on paper towels.

To prepare the “meatless” sauce: heat olive oil in large skillet, brown soy crumbles, add chopped onion and red pepper, salt if desired. Add garlic, spices, and tomato paste (or sauce), cook three minutes. Add red wine and simmer uncovered 20 minutes. Turn off heat and add lemon zest and juice.

To prepare “moussaka” base: peel and slice potatoes into 1/4 inch thick rounds. Boil in salted water five to eight minutes – do not overcook, they should be firm. Drain.

Line baking pan with foil, spray with oil, arrange eggplant on pan and spray with oil. Broil three to four minutes on one side, turn and broil two to three minutes on other side.

To prepare “béchamel” sauce, put cauliflower florets in large pot, cover with water and boil on high until tender, about 10 minutes. Drain. Puree using an immersion blender, adding almond milk as needed to get creamy consistency.

Sauté onion until soft, add garlic, thyme and basil and cook another minute. Add to the cauliflower and blend until smooth.

To assemble the casserole: while the oven is preheating to 350 degrees, spray a large oblong casserole dish with oil. Place potatoes on bottom layer, overlapping as needed. Then put a layer of eggplant (use about half). Then put the layer of “meatless” sauce, followed by another layer of eggplant. If you want to use cheese, add half the cheese on top of the eggplant, then put cauliflower sauce followed by the rest of the cheese.

Bake 45 minutes. Let rest 15 minutes. Serve with a green salad and pita bread, if desired.

Recipe submitted by Kathie Houchens, survivor

Swiss Chard Frittata

SERVES 6

INGREDIENTS

3 pounds raw Swiss chard (will yield about 1 pound cooked), washed

4 tablespoons extra virgin olive oil

3/4 cup onion, washed and diced

3 cloves garlic, minced

3/4 cup parmesan cheese, grated

1/2 teaspoon fresh ground pepper

12 large eggs

PREPARATION

Preheat oven to 350 degrees.

Bring large pot of salted water to a boil. Cut stems of Swiss chard into pieces and cook in boiling water until just tender. Rough chop Swiss chard leaves and add to the boiling water. Cook until tender, about 5 minutes. Drain cooked Swiss chard, and cool under cold running water.

Crack eggs into a bowl, add salt, pepper, and grated cheese. Mix with a fork until eggs are well blended.

Heat olive oil in a non-stick, oven-proof skillet. Add onions and garlic and sauté until soft. Add cooked Swiss chard and sauté to heat through. Pour eggs over Swiss chard mixture and stir to incorporate eggs into Swiss chard. Place pan in oven and bake for 20-30 minutes.

Remove from oven when cooked and let stand 10 minutes.

Cut into wedges and serve warm.

Recipe from <http://www.cancernutritionconsortium.org/swiss-chard-frittata/>

Grilled Veggie Wrap

SERVES 4

INGREDIENTS

1 tablespoon olive oil

2 tablespoon balsamic vinegar

1/4 teaspoon ground black pepper

1 medium zucchini, washed and sliced lengthwise into 8 slices

1 medium yellow squash, washed and sliced lengthwise into 8 slices

1 red bell pepper, washed and sliced into 4 slices

4 whole wheat tortillas

1/2 cup hummus

8 fresh basil leaves, washed

PREPARATION

Preheat an indoor or outdoor grill or preheat oven to 400 degrees.

In a large bowl, whisk together olive oil, balsamic vinegar and black pepper. Add zucchini, squash, and bell pepper, let marinate for five minutes.

Grill the vegetables about two to three minutes on both sides, or bake for 20-25 minutes, flipping half way, until browned.

Spread 2 tablespoons of hummus on a tortilla wrap; add two basil leaves, two slices zucchini, two slices yellow squash and one slice bell pepper. Wrap up and serve.

Recipe from: <http://www.diabetes.org/mfa-recipes/recipes/2012-06-grilled-veggie-wrap-quick.html>

Avocado-Lime Honey Smoothie

SERVES 1

INGREDIENTS

1 tablespoon honey

1/2 small avocado, ripe

1 handful parsley

1 teaspoon lime juice

1/2 cup water

PREPARATION

Wash and cut the avocado in half. Remove the seed and roughly chop the pulp. Wash the parsley and chop finely. Place one tablespoon of honey, lime juice, avocado pulp, parsley and water in a blender and blend on high for 20 seconds, or until thoroughly combined. Pour into a glass and enjoy.

Submitted by Stephanie DeValencia, survivor



smoothies

Beet, Carrot and Orange Juice with Honey

SERVES 1

INGREDIENTS

1 1/2 tablespoons honey

1 beet

4 carrots

4 celery stalks

1 1/2 oranges

PREPARATION

Wash all of the vegetables and fruits. Peel the beets and carrots. Peel the orange and roughly chop. Juice the beets, carrots, celery, and oranges in a juicer. Serve in a tall glass and add 1 1/2 tablespoons of honey, stirring until incorporated. Can be served over ice, if desired.

Submitted by Stephanie DeValencia, survivor



Apple Oat-Bran and Honey Juice

SERVES 1

INGREDIENTS

1 teaspoon honey

1 apple, chopped

1 tablespoon oatmeal

1 tablespoon barleycorn

2 tablespoons wheat bran

1 1/2 cups water

PREPARATION

Wash all of the vegetables and fruits. Place all ingredients, with the exception of the honey, into a blender and blend on high. Pour into glass, adding one tablespoon of honey and stir until combined. Serve and enjoy.

Submitted by Stephanie DeValencia, survivor



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