



TO YOUR HEALTH

RECIPES WHICH MAY HELP
LOWER CANCER RISK



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INTRODUCTION

The following recipes were selected and tested by the clinical nutrition staff of City of Hope. The recipes comply with the American Cancer Society (ACS) guidelines for cancer prevention.

The ACS Guidelines on Nutrition and Physical Activity for Cancer Prevention are:

1. Eat a variety of healthful foods, with an emphasis on plant sources.
 - ▶ Eat five or more servings of a variety of vegetables and fruits each day.
 - ▶ Choose whole grains rather than processed (refined) grains and sugars.
 - ▶ Limit consumption of red meats, especially those that are processed and/or high in fat.
 - ▶ Choose foods that help you maintain a healthful weight.
2. Adopt a physically active lifestyle.
 - ▶ Adults: Participate in moderate physical activity for 30 minutes or more, five or more days per week. Forty-five minutes or more of moderate to vigorous activity on five or more days per week may further reduce the risk of breast and colon cancer.
 - ▶ Children and adolescents: Participate in at least 60 minutes of moderate to vigorous physical activity per day at least five days per week.
3. Maintain a healthful weight throughout life.
 - ▶ Balance caloric intake with physical activity.
 - ▶ Lose weight if currently overweight or obese.
4. If you drink alcoholic beverages, limit consumption.

It is important to follow the ACS guidelines in everyday food choices and food preparation to effectively reduce cancer risk. This booklet provides a small sample of recipes to help you get started. Additional resources for nutrition suggestions, cooking tips and healthy recipes to assist you in making permanent dietary changes include:

- ▶ The American Cancer Society at www.cancer.org
- ▶ The American Institute for Cancer Research at www.aicr.org
- ▶ The American Dietetic Association at www.eatright.org
- ▶ The American Heart Association at www.americanheart.org
- ▶ City of Hope at www.cityofhope.org or call 800-826-HOPE (4673).

Spicy Spinach Dip

- 1 pint carton 2% cottage cheese
- 1 cup light sour cream
- 1/2 cup reduced calorie mayonnaise
- 1 bunch green onions, chopped
- 1/4 to 1/2 teaspoon hot sauce to taste
- 3 tablespoons fresh lemon juice
- 2 to 3 cloves garlic, minced or crushed
- 1 package (10 ounces) frozen chopped spinach — thawed, drained, squeezed dry.



Beat cottage cheese in food processor until smooth. Add remaining ingredients and pulse to mix. Refrigerate. Let mixture stand at least 6 to 10 hours to blend flavors. Serve with a variety of dipping vegetables. Makes about 4 cups.

Per serving (2 tablespoons): 37 calories, 1.6 grams fat, 0.14 grams fiber

Stuffed Mushrooms

- 8 ounces fresh white button mushrooms
- 1 cup Spicy Spinach Dip
(see recipe above)

Clean the mushrooms and remove stems. Stuff each one with Spicy Spinach Dip. Serve raw as a delicious, low-fat, low-calorie appetizer. Makes about 6 servings.



Per serving (about 3 mushrooms): 28 calories, 1 gram fat, 0.6 grams fiber

Garlic Dip

- 1 1/2 cups low-fat yogurt
- 1/4 cup chopped scallions or chives
- 2 cloves garlic, finely chopped
- 1 tablespoon olive oil
- 1/2 teaspoon granulated sugar

Mix all ingredients thoroughly in a bowl.
Cover and refrigerate until ready to serve.

This is also great over baked potatoes. Makes about 1 1/2 cups.



Per serving (1 tablespoon): 24 calories, 2 grams fat

Stuffed Cherry Tomatoes

- 24 cherry tomatoes
- 1 1/2 cups Garlic Dip (see recipe above)

Cut off the tops of the tomatoes. Hollow out some of the pulp and fill each tomato with about 1 tablespoon of the Garlic Dip. Makes about 12 servings.



Per serving (2 tomatoes): 54 calories, 2.1 grams fat, 0.4 grams fiber

Edamame

1 pound edamame beans (green soybeans)
4 cups water
1/2 teaspoon salt



Boil water and salt in a large pan. Wash edamame beans well. Add them to the boiling water and boil for 5 to 10 minutes. Drain edamame well. Serve warm or cool. Makes 3 servings.

Per serving (1/2 cup edible portion):
130 calories, 2 grams fat, 3 grams fiber

Cream of Broccoli Soup

This soup is delicious served either hot or cold. You can top each serving with a spoonful of low-fat sour cream and chopped chives, dill, or parsley.

- 1 large onion, coarsely chopped
- 1 medium carrot, sliced
- 1 small stalk celery (with leaves) sliced
- 1 clove garlic, finely chopped
- 3 cups chicken stock
- 1/4 cup uncooked rice
- 3 cups coarsely chopped broccoli
- 2 cups low-fat (1%) milk
- 1 teaspoon salt
- Pinch cayenne pepper



In large saucepan, combine onion, celery, garlic, and chicken stock; bring to a boil. Add rice; cover and simmer for 15 to 20 minutes or until rice is tender. Add broccoli; cover and simmer until broccoli is tender, about 5 minutes. Transfer to blender or food processor and puree (may be done in batches). Return to saucepan; add milk, salt, and cayenne. Serve hot. Alternatively, let cool, cover and refrigerate until serving time. Makes 8 servings.

Per serving (3/4 cup each):
70 calories, 1.8 grams fat, good source of fiber

Stuffed Peppers

- 1 large onion, chopped
- 3 large green peppers, halved and seeded
- 2 cups cooked brown rice
- 1/2 cup plain low-fat yogurt
- 1/2 teaspoon seasoned pepper
- 1 tablespoon chopped parsley
- 2 cups Italian tomato sauce
- 1/2 cup (4 ounces) grated, part-skim mozzarella cheese
- Nonstick vegetable cooking spray



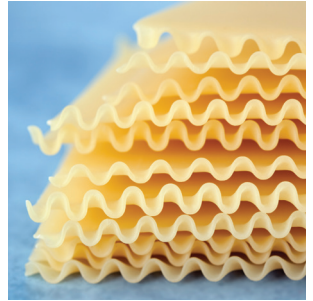
Heat oven to 350°F. Spray an 11" x 7" rectangular baking dish with nonstick vegetable cooking spray. Cook onion in a covered, nonstick skillet with a little water until tender. Combine onion, brown rice, low-fat yogurt, seasoned pepper, and parsley. Fill peppers with mixture. Pour tomato sauce over all. Cover dish tightly with foil and bake for 45 minutes. Uncover peppers and sprinkle with cheese. Bake an additional 15 minutes. Makes 6 servings.

Per serving: 235 calories, 4 grams fat, 1 gram fiber

Easy Oven Lasagna

An old favorite, prepared an easier way — with uncooked noodles!

- 1/4 pound ground turkey or ground beef
(10% fat)
- 3/4 cup water
- 4 cups bottled or homemade
marinara sauce
- 8 ounces uncooked spinach noodles
or whole-wheat lasagna noodles
- 1 cup low-fat cottage cheese
- 3/4 cup sliced part-skim
mozzarella cheese
- 1/4 cup grated Parmesan cheese



Preheat oven to 375°F. Brown ground meat in nonstick fry pan and drain well. Add water and marinara sauce; bring to boil. Remove from heat. In 2-quart (9" x 13") dish, layer sauce, uncooked lasagna noodles, cottage cheese, mozzarella cheese; repeat layers, ending with sauce and Parmesan cheese. The sauce will be runny. Cover dish with foil and bake for 1 hour. Let stand 5 to 10 minutes before cutting into squares. Makes 8 generous servings.

Per serving: 280 calories, 9 grams fat, 1 gram fiber

Kidney Bean and Rice Casserole

- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1/2 cup carrots, thinly sliced
- 2 cloves garlic
- 1 tablespoon oil
- 2 cups cooked brown rice
- 1/8 teaspoon pepper
- 2 tablespoons chopped fresh parsley
(1 1/2 teaspoons dried)
- 1 1/2 cups cooked kidney beans (1/2 cup dry or 16 ounce can)



Cook onion, celery, carrots and garlic in oil until tender. Remove garlic. Add remaining ingredients. Simmer together for about 5 minutes to blend flavors. Makes 4 servings.

Per serving: 217 calories, 3.4 grams fat, 0.6 grams fiber

Oriental Pasta Salad

- 12 ounces tri-colored radiatori or other fancy dried pasta
- 1/3 cup oil
- 1/4 cup lemon juice
- 1/4 cup soy sauce
- 1 can water chestnuts
- 1 medium red pepper
- 2 cups sliced scallions
- 2 tablespoons sesame seeds
- 1 package frozen broccoli cuts, thawed
- 12 ounces cooked turkey or 3 cooked skinless chicken breasts, shredded or cut into strips



Cook pasta according to directions on the package. Mix oil, lemon juice and soy sauce and add to cooked pasta. Add broccoli, water chestnuts, red pepper and scallions. Mix in turkey or chicken. Toast sesame seeds and add to salad.

Per serving: 243 calories, 10 grams fat, 0.6 grams fiber

Easy Fiesta Tofu Quiche

- 1 unbaked 9-inch deep dish pastry shell
- 1 package (14 ounces) firm tofu, drained and finely chopped
- 3 large eggs
- 1 can (3 ounces) diced green chiles, drained
- 1/3 cup chopped green onions
- 1/2 cup shredded cheddar cheese
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 cup diced fresh tomatoes



Preheat oven to 450°F; bake pastry shell for 5 minutes. Place on a rack to cool. Reduce oven temperature to 325°F. In a large mixing bowl, whisk eggs; stir in onions, green chiles, salt and pepper. Fold in tofu and cheese, pour into pre-baked pastry shell and place on cookie sheet. Bake for 35 minutes. Remove from the oven, top with tomatoes and then bake an additional 5 minutes or until a knife inserted in the center comes out clean. Cut into eight wedges to serve. Makes 8 servings.

Per serving: 187 calories, 11.6 grams fat, 0.3 grams fiber

Lemon Ginger Carrots

- 3 cups hot, cooked carrots
- 1 tablespoon butter
- 1 tablespoon granulated sugar
- 1 tablespoon lemon juice
- 1 teaspoon grated fresh ginger root
- 1 teaspoon grated lemon rind



Combine butter, sugar and lemon juice with lemon rind and ginger in a small saucepan. Cook until sugar dissolves. Toss with hot, cooked carrots. Makes 6 servings.

Per serving (1/2 cup): 52 calories, 2 grams fat, 0.9 grams fiber

Broccoli, Grape and Almond Salad

- 4 cups raw broccoli florets
- 1 cup almonds
- 1/2 cup raisins
- 2 cups red seedless grapes
- 1/4 cup diced red onion
- 1/2 cup fat-free mayonnaise
- 1 tablespoon lemon juice
- 2 tablespoons sugar



Combine broccoli, almonds, raisins, grapes and onion in a large salad bowl. Combine mayonnaise, lemon juice and sugar in a small bowl and add to the broccoli mixture. Chill in the refrigerator for 3 to 4 hours or overnight. Makes 8 servings.

Per serving: 145 calories, 5 grams fat, good source of fiber

Zucchini Patties

- 3 tablespoons butter
- 1/4 cup oil
- 5 cups fresh zucchini, coarsely chopped
- 1/3 cup all-purpose flour
- 3 eggs, lightly beaten
- 1 teaspoon salt
- 1/4 teaspoon black ground pepper



Heat the butter and oil together in a 12-inch skillet over moderate heat. Quickly mix the zucchini with flour, eggs, salt, and pepper to form a batter. Drop the batter by spoonfuls into the skillet to form patties that are about 2 to 2 1/2 inches in diameter. Flatten each patty slightly with the back of a spoon. Set aside remaining batter. Cook patties for about 4 minutes on each side, or until golden brown and crusty. Remove patties to a platter covered with paper towels (to absorb the excess oil) and set in an oven at 250°F. Use the remaining batter to cook additional patties, as above, adding one or more tablespoons of oil to the skillet, if needed. Makes 6 servings.

Per serving: 225 calories, 5 grams fat, 0.8 grams fiber

Banana Apricot Bran Muffins

- 1 1/2 cups bran
- 1 cup whole-wheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup chopped dried apricots
- 1/3 cup oil
- 1/3 cup packed brown sugar
- 1 egg, lightly beaten
- 2 ripe bananas, mashed
- 1 cup low-fat yogurt



Combine bran, flour, baking powder, baking soda, salt, and apricots; mix lightly. In large mixing bowl, combine oil, brown sugar, egg, bananas, and yogurt; mix well. Add dry ingredients and mix until combined. Spoon batter into paper-lined or nonstick muffin tins. Bake in 400°F oven for 25 minutes or until firm to the touch. Remove from pan and let cool on wire rack. Makes 12 muffins.

Per serving (1 muffin):

173 calories, 7 grams fat, excellent source of fiber

Orange Carrot Bread

The dough for this moist loaf is quite soft and does not require much kneading.

- 2 cups orange juice
- 2 teaspoons sugar
- 1 package (1 scant tablespoon) active dry yeast
- 1/4 cup honey
- 1/4 cup oil
- 2 teaspoons grated orange rind
- 2 teaspoons salt, if desired
- 4 1/2 cups unbleached white flour, divided
- 2 cups very finely grated carrots (4 medium-large)
- 2 eggs
- 2 cups whole-wheat flour, preferably stone-ground



Heat the orange juice to lukewarm (105°F to 115°F). Sprinkle in the sugar and yeast, stirring to dissolve them. Set the mixture aside for about 10 minutes or until bubbly. In a large mixing bowl, beat honey, oil, orange rind, salt, and 1 cup white flour. Add the yeast mixture, carrots, and eggs, and mix ingredients thoroughly. Beat in whole-wheat flour and 3 cups white flour. Spread remaining white flour on a board or work surface, turn out the dough, and knead it, working in flour, until dough is smooth and elastic, about 5 to 8 minutes. Place dough in a greased bowl, turning to coat all sides with grease. Cover bowl lightly with plastic wrap, and set up dough in a warm draft-free place until it has doubled in bulk, about 1 1/2 hours. Punch down dough, and divide it in half. Form each half into a loaf (the dough will feel loose and somewhat shapeless), and place the loaves into greased bread pans (9" x 5" x 3"). Cover the pans loosely with plastic wrap, and place them in a warm place for another

(Recipe continued on page 15)

Orange Carrot Bread (continued)

30 to 40 minutes, or until the loaves have doubled in bulk. Bake bread in a preheated 350°F oven for 45 minutes or until loaves sound hollow when tapped on bottom. Yields 2 loaves. Each loaf yields 14 slices.

Per serving (1 slice): 150 calories, 0.3 grams fat, 0.4 grams fiber

Oatmeal Muffins

- 1 cup flour
- 3 tablespoons sugar
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 3/4 cup oats
- 1/4 cup oil
- 1 cup plain yogurt
- 1/2 cup chopped apples and raisins



In bowl combine flour, sugar, baking powder, baking soda, salt, cinnamon and oats. Add oil and yogurt and mix until just moistened. Add chopped apples and raisins. Spoon into greased muffin cups about 3/4 full. Bake at 400°F for 15 to 20 minutes or until done. Remove from oven and drizzle with topping (see recipe below) while still warm. Makes 8 muffins.

Topping:

- 1 tablespoon orange juice
- 1/2 teaspoon grated orange peel
- 1/2 cup powdered sugar

Combine orange juice, orange peel and powdered sugar; mix until smooth.

Per serving: 245 calories, 2.5 grams fat, 0.4 grams fiber

Frozen Berry Delight

- 8 ounces frozen unsweetened strawberries, partially thawed
- 8 ounces frozen unsweetened peaches, partially thawed
- 4 ounces frozen unsweetened blueberries, partially thawed
- 1/4 cup sugar
- 1 1/2 cups light vanilla ice cream



Combine frozen strawberries, peaches, blueberries and sugar in food processor. Process until coarsely chopped. Add ice cream; process until well blended. Serve immediately for semisoft texture or freeze until needed and allow to stand 10 minutes to soften lightly. Makes servings.

Per serving (1/2 cup): 116 calories, 1.1 grams fat, good source of fiber

Peach Blueberry Crisp

If you cook this in a microwave, it only takes 10 minutes.

- 6 cups peeled, sliced fresh or canned peaches
- 2 cups fresh or frozen blueberries
- 1/3 cup brown sugar, packed
- 2 tablespoons all-purpose flour
- 2 teaspoons cinnamon



In an 8-cup baking dish, combine peaches and blueberries. In a small bowl, combine sugar, flour, and cinnamon; add to fruit and toss to mix.

Topping:

- 1 cup quick-cooking rolled oats
- 1 teaspoon cinnamon
- 1/4 cup brown sugar, packed
- 3 tablespoons soft butter

Combine rolled oats, sugar, and cinnamon with pastry blender or two knives, cut butter until crumbly. Sprinkle over fruit mixture. Bake in 350°F oven for 25 minutes or microwave on high for 10 minutes or until mixture is bubbling and fruit is barely tender. Serve warm or cold. Makes 8 servings.

Per serving: 255 calories, 5 grams fat, excellent source of fiber