



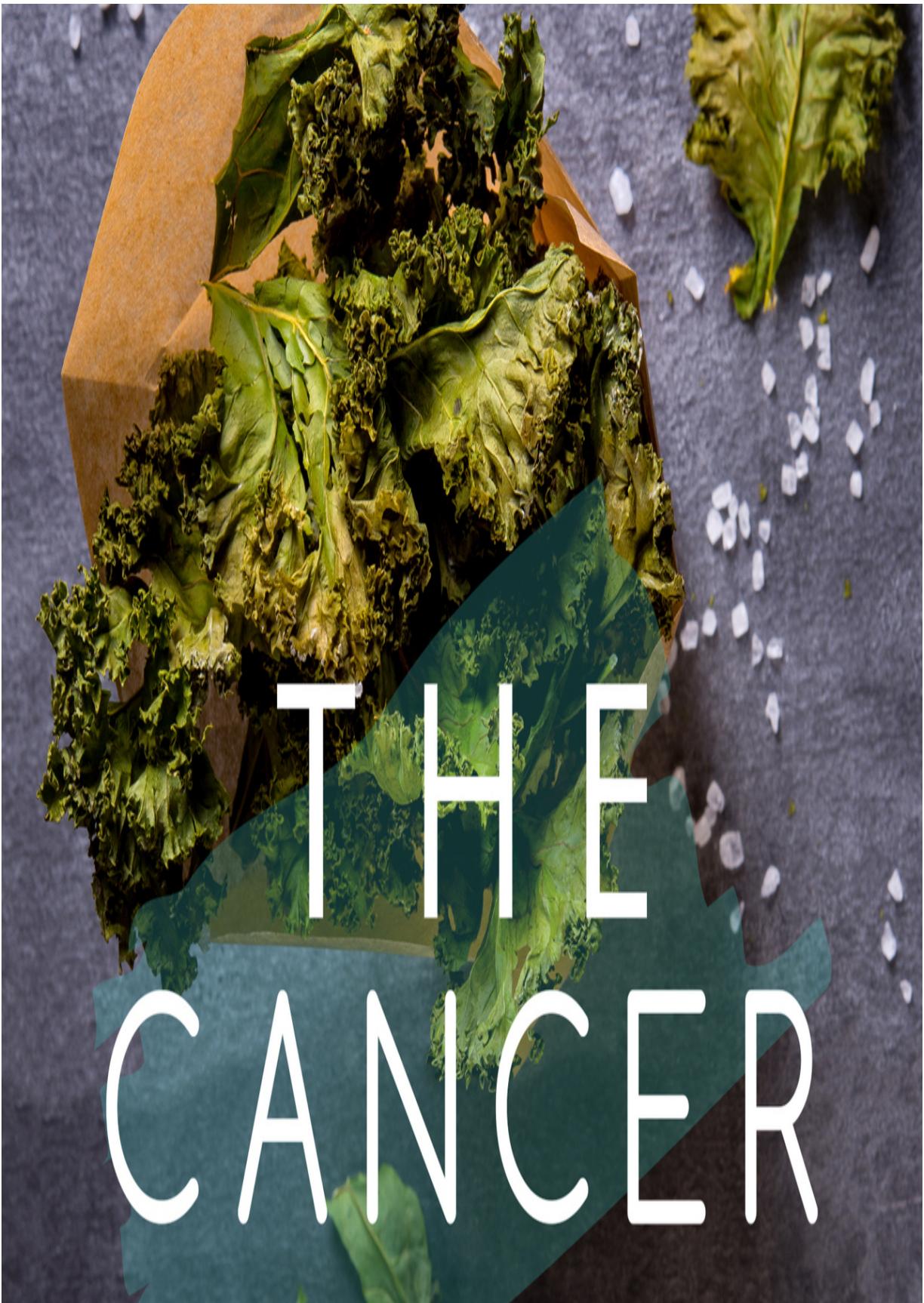
THE CANCER

— Fighting

* RECIPE BOOK *

*Discover Nutritious And
Delicious Recipes, Loaded With Anti-Oxidants
That Can Help You Be Cancer-Free!*

by Barbara Riddle



Fighting



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THE CANCER-FIGHTING RECIPE BOOK

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INTRODUCTION



Looking for delicious and nutritious recipes that can help prevent cancer and keep you healthy? If so, look no further than this recipe book! Filled with 30 nutritious and not to mention, delicious recipes, each of them has healthy ingredients that pump your body with antioxidants and nutrients.

There are recipes for all sorts of occasion and so there's no reason not to try them all! Plus, each recipe is easy and comes with step-by-step instructions. So, choose a recipe and let's begin!

1. Pineapple Blueberry Smoothie



Along with whole grain quinoa flakes, tangy coconut water, healthy fat from almonds and the protein in the egg whites, this drink is a complete nutritional and delicious package.

Makes: 2 servings

Prep: 5 mins

Cook:

Ingredients:

- 2 cups coconut water
- 1 cup pineapple chunks
- 1/3 cup quinoa flakes
- 1/2 cup pasteurized egg whites
- 1/4 cup unsalted raw or roasted almonds
- 1 tsp. vanilla extract or 1/2 tsp. almond extract
- 1/4 tsp. ground cloves
- 1 cup frozen blueberries

Directions:

Place all of the shown ingredients in a blender container and blend until smooth, about 30 seconds. Divide and serve.

2. Lemony Spinach Soup



Tangy and tart lemon brings out the flavors of baby spinach in this super easy soup. This soup is creamy and clean- the perfect go-to for spring.

Makes: 2 servings

Prep: 5 mins

Cook:

Ingredients:

- Pepper
- 4 cups baby spinach
- 1 tbsp. lemon zest
- 1 clove minced garlic
- 3 tbsp. lemon juice
- 2 cups nut milk
- 1 chopped scallion
- 3 tbsp. white miso
- Diced avocado, for garnish

Directions:

Blend all ingredients on high until smooth. Garnish with avocado and serve.

3. Cooling Cucumber Avocado Soup

Avocados - full of good fats and vitamins. They're fun to work with, and delicious.

Makes: 6 servings

Prep: 15 mins + cooling time

Cook:

Ingredients:

- 2 cups water
- 2 ripe avocados, pitted and peeled
- 1 tbsp. finely chopped fresh cilantro
- 2 lb. English cucumbers, seeded, peeled, & cut into chunks
- $\frac{1}{4}$ tsp. maple syrup
- 3 tbsp. freshly squeezed lime juice
- Salt

- 1 tbsp. finely chopped fresh mint
- Pinch of cayenne

Directions:

Pour just one cup of water into a blender, & then add the avocados, cucumbers, lime juice, maple syrup, $\frac{1}{4}$ tsp. of salt, & the cayenne. Blend till smooth, & then gradually adding more water until you reach the desired consistency. Taste & adjust the amount of salt.

Chill for at least two hrs., then stir in the mint & cilantro and serve.

4. Baby Bok Choy with Yam and Ginger





knowyourprodu

Bok choy is a great vegetable, but tends to be bitter. But that is completely solved here by it being paired with sweet potatoes!

Makes: 12 servings

Prep: 15 mins

Cook: 5 mins

Ingredients:

- 8 heads baby bok choy
- 4 scallions, white part, sliced
- 1/4 cup minced fresh ginger
- 1/4 cup light sesame oil
- 2 cups peeled & finely diced Garnet sweet potato or yam
- Sea salt
- 2 tsp. maple syrup
- 2 tbsp. tamari
- 2 tbsp. freshly squeezed lime juice
- 1/2 tsp. toasted sesame oil (optional)

Directions:

Trim the bases from the bok choy & discard. Trim the leaves from the stems & cut both crosswise into bite-size pieces.

Heat the oil in a pan over med heat, then add the scallions & ginger and sauté for 30 seconds. Add the sweet potato and a pinch of salt and sauté for an additional minute. Add the bok choy stems, tamari, and maple syrup and sauté for 2 minutes more. Add the bok choy leaves, 1/2 tsp. of salt, lime juice, & the toasted sesame oil. Cook for about 2 mins, then taste.

Serve immediately.

5. Lemon Berry Detox Juice









This juice packs a real punch in nutrition and is loaded with vital vitamins, minerals and antioxidants.

Makes: 2 servings

Prep: 10 mins

Cook:

Ingredients:

- 2 medium green apples, chopped
- 1 handful fresh raspberries
- 1 handful fresh strawberries
- $\frac{1}{2}$ lemon, peeled

Directions:

Press the apples and lemon through your juicer, along with the raspberries and strawberries. Juice and enjoy!

6. Chicken Bone Broth Soup





Healthy, chicken and veggie broth soup recipe.

Makes: 10-12 servings

Prep: 10 mins

Cook: 8 hrs. 30 mins

Ingredients:

- 2–3 pounds of bony chicken parts (wings, necks, etc.)
- 4 quarts cool, filtered water
- 2 tbsp. apple cider vinegar
- 3 carrots, peeled
- 2 medium onions, chopped
- 3 celery stalks chopped
- $\frac{1}{4}$ cup chopped parsley

Directions:

Place the pieces in a pot with water, vinegar, and all vegetables except parsley. Let it sit for 30 minutes. Over medium flame, bring to a vigorous boil. Skim off any scum that rises to the top; reduce heat and cover. Simmer for a minimum of 8 hours. For more flavorful stock, simmer longer. Add the parsley for the final 15–30 minutes.

As the soup cools, use a slotted spoon to remove any large chicken and vegetable pieces. Strain out the remaining pieces through a metal colander and pour the broth into one large bowl or several small glass bowls. Chill in your refrigerator, skimming off any fat that congeals at the top.

7. Green Beans with Brazil Nuts and Basil

Green beans are a popular vegetable. This dish is dairy free and delicious. Plus, it's topped with Brazil nuts because they're an amazing source of the mineral selenium, which some research suggests lessens chemotherapy's toxic effects on healthy hair, kidney, and GI tract cells.

Makes: 12 servings

Prep: 15 mins

Cook: 10 mins

Ingredients:

- Freshly squeezed lemon juice
- 2 pound green beans, trimmed
- 1/4 cup olive oil
- 1/4 cup finely chopped fresh basil
- Sea salt
- 1/4 cup chopped shallot
- Freshly ground pepper
- 1/4 cup finely ground Brazil nuts or walnuts
- ½ tsp. lemon zest

Directions:

Bring a good amount of water (about 16 cups) to a boil. Add 1/2 tsp. of salt & the green beans & cook until tender-crisp, 6-8 mins. Drain & then run them under cold water.

Heat the 1/2 cup olive oil in a pan over med heat, & then add the shallot & a pinch of salt & sauté for about 1 minute. Add in the beans, add 1/2 tsp. of salt, & cook, until heated through, about 2 mins. Remove & add several grinds of pepper, a splash of the lemon juice, & the nuts. Toss with the basil & lemon zest before serving.

8. Chicken Breasts with Curried Stuffing



If you love curry

powder, this is the recipe for you! Add curry powder to the yogurt topping as well for even more flavor.

Makes: 4 servings

Prep: 10 mins

Cook: 35 mins

Ingredients:

- 1 tbsp. butter
- $\frac{1}{4}$ cup sliced green onions
- 2 tsp. curry powder
- $\frac{1}{2}$ cup fresh bread crumbs
- $\frac{1}{2}$ cup shredded carrot
- 3 tbsp. dried currants
- 1 tbsp. Chicken Stock
- 4 (4-ounce) boneless, skinless chicken breasts
- $\frac{1}{4}$ tsp. salt
- 1/8 tsp. black pepper
- $\frac{1}{2}$ tsp. paprika
- 2 tbsp. orange marmalade
- $\frac{1}{3}$ cup plain yogurt
- 2 tsp. arrowroot

Directions:

Preheat oven to 350°F.

In a pan, melt butter over med heat. Add carrot, green onions, and curry powder, and cook, stirring, until tender, about 5 mins. Remove & stir in the bread crumbs, currants, and broth.

Place 1 chicken breast half with the boned-side up, between the 2 sheets of plastic wrap. Pound lightly. Repeat with the rest of chicken.

Sprinkle chicken with salt and pepper. Place $\frac{1}{4}$ from the stuffing mixture on each piece of chicken. Fold chicken over the filling and secure using a toothpick. Place chicken in an 8" square baking dish with 2" sides. Sprinkle with the paprika and cover with foil.

In a small bowl, combine yogurt, arrowroot, and marmalade; spread over chicken.

Bake until chicken is tender and the juices run clear when a piece is pierced, about 25–35 minutes.

9. Herbed and Spiced Yogurt



Real

yogurt is a wonderful international culinary staple that is light, delicious and nutritious.

Makes: 2 cups

Prep: 20 mins plus chilling time

Cook:

Ingredients:

- $\frac{1}{3}$ cup finely chopped & loosely packed fresh flat-leaf parsley
- 1 tbsp. extra-virgin olive oil
- 1 tsp. maple syrup
- 1 tsp. freshly squeezed lemon juice
- $\frac{1}{4}$ tsp. sea salt
- $\frac{1}{2}$ cup finely chopped & loosely packed fresh cilantro
- $\frac{1}{4}$ tsp. ground cumin
- $\frac{1}{8}$ tsp. ground cinnamon
- $\frac{1}{3}$ cup finely chopped & loosely packed fresh mint leaves
- 2 cups organic plain yogurt

Directions:

Stir all of the shown ingredients together until thoroughly combined. Cover tightly & chill for 15 mins before serving.

10. Blueberry and Citrus Breakfast Parfait



Parfaits are a simple yet visually pleasing breakfast option. Best of all, you can pack them full of your favorite fruits. Here we've added tangy citrus and antioxidant-loaded blueberries to a crunchy walnut, flax and wheat germ mix. Top it with some yogurt and you will definitely be starting your day off right!

Makes: 4 servings

Prep: 15 mins

Cook:

Ingredients:

- 3 cups (710 ml) plain nonfat all-natural Greek yogurt or strained plain soy yogurt
- 1 Tbsp. (15 ml) pure maple syrup
- $\frac{1}{2}$ tsp. (2.5 ml) pure vanilla extract
- $\frac{1}{2}$ cup (120 ml) walnuts, chopped
- 2 Tbsp. (30 ml) wheat germ
- 2 Tbsp. (30 ml) cracked flaxseed

- 1 red grapefruit, peeled and cut into small slices
- 1 minneola, peeled and cut into small slices
- 1 cup (240 ml) fresh blueberries

Directions:

Stir together the yogurt, maple syrup and vanilla.

In four parfait glasses, pour in some of the yogurt mixture. Then sprinkle in some of the walnuts, wheat germ and flaxseeds, and then add some of the grapefruit, minneola and blueberries.

Repeat until all of the remaining ingredients are used.

11. Spiced Baked Fish



Moist whole fish is covered

with a spiced onion mixture giving you a delicious and cook dinner option that the family will love!

Makes: 4 servings

Prep: 5 mins

Cook: 30 mins

Ingredients:

- 2 lb. whole fish, scaled and cleaned
- 2 onions, sliced
- 4 cloves garlic, crushed
- 1 cup fresh parsley, chopped
- 1 cup fresh cilantro, chopped
- 1 tbsp. coriander powder

- ¼ - ½ tsp. chili powder
- 3 tbsp. lemon juice
- 3 tbsp. oil
- Salt and pepper
- Chopped parsley and lemon wedges for garnish

Directions:

Preheat oven to 450°F.

Heat oil in a pan. Add the fish and fry for 2 minutes on each side to crisp up the skin. Remove and place in a baking pan.

Add the onions to the pan & cook till soft.

Add in the rest of the ingredients and cook for a few more minutes.

Spread this onion mixture onto the fish and inside it.

Add 1 cup of water to the baking pan and bake in the oven for 20 minutes or until fish has cooked through.

Serve sprinkled with fresh parsley and lemon wedges.

12. Turkey Chili

Turkey plus beans make this chili a protein powerhouse!

Makes: 6 servings

Prep: 5 mins

Cook: 3 hrs.

Ingredients:

- 1 pound ground turkey
- 1 cup onions, chopped
- ½ cup green pepper, chopped
- 2 tsp. garlic, finely chopped
- 2 (28-ounce) cans crushed canned tomatoes
- 1 cup canned black beans, drained
- 1 cup canned red kidney beans, drained
- 3 tbsp. chili powder
- 1 tbsp. ground cumin
- 1 tsp. crushed red pepper
- Dash Tabasco

Directions:

Brown the turkey in nonstick pot over med-high heat. Drain any fat.

Add in the chopped onion, garlic and green pepper. Cook for about 5 minutes.

Add remaining ingredients; bring to a slow boil. Reduce heat, cover, & let simmer at least 2–3 hrs. before serving.

13. Lemon Roasted Asparagus







This lemony roasted asparagus with parmesan and garlic is the perfect recipe for a quick side dish.

Makes: 8 servings

Prep: 10 mins

Cook: 10 mins

Ingredients:

- 2 lb. fresh asparagus, trimmed
- $\frac{1}{4}$ cup olive oil
- 4 cloves garlic, minced
- 4 tbsp. Parmesan, grated
- 2 lemons, thinly sliced
- 4 tbsp. freshly squeezed lemon juice
- 1 tsp. sea salt
- $\frac{1}{2}$ tsp. ground black pepper

Directions:

Preheat oven to 400°F. Prepare a baking sheet with baking paper.

Add all of the ingredients onto the baking sheet and toss to evenly coat. Place in the oven for about 10-15 minutes or until the asparagus is roasted.

Serve.

14. Green Tea Ginger Lemonade



Green tea is great for you, with many of its compounds linked to potential anticancer benefits.

Makes: 4 cups

Prep: 3 mins

Cook: 25 mins plus chilling time

Ingredients:

- 4 cups water
- 2 green tea bags
- 1 tbsp. lemon juice
- 4 ($\frac{1}{2}$ -inch) slices fresh ginger
- 2 tsp. honey

Directions:

Bring the water & ginger to boil in a pan, & then lower, cover, & simmer for ten mins. Remove & add in the tea bags, & steep for 10 minutes.

Remove the tea bags & ginger, and then stir in the lemon juice and honey. Chill for 1 hr. before serving over ice.

15. Avocado Coconut Soup



Avocado lends this soup a creamy texture, while coconut milk gives it a fresh and tropical flavor.

Makes: 4 servings

Prep: 2 hrs. + 5 mins

Cook:

Ingredients:

- 1 1/2 cups coconut milk
- 1 1/2 cups water
- 2 ripe large avocados
- 1/4 cup packed fresh basil
- Juice of 1 lime
- 1 jalapeño chili pepper, seeded and minced
- 1/4 tsp. sea salt
- 1/4 tsp. of freshly ground pepper, preferably white
- Grated zest of 1 lime

Directions:

Place all of the shown ingredients except the lime zest in a blender or food processor container and blend until smooth. If the mixture is too thick, simply blend in more coconut milk or water.

Pour the mixture into a container with a tight-fitting lid and refrigerate for at least 2 hours. Garnish with lime zest when serving.

16. Greek Tempeh-Stuffed Peppers



Stuffed peppers full of veggies and spice.

Makes: 4 servings

Prep: 20 mins

Cook: 55 mins

Ingredients:

- 8 oz. (225 g) tempeh
- 1 Tbsp. (15 ml) extra virgin olive oil
- 1 onion, finely chopped
- 2 large cloves garlic, minced
- 1/8 tsp. (0.625 ml) red pepper flakes
- 1/4 tsp. (1.25 ml) ground allspice
- 1/4 tsp. (1.25 ml) ground cinnamon
- 1/2 tsp. (2.5 ml) paprika
- Pinch freshly grated nutmeg
- 1 baby zucchini, diced
- 1 x 15-oz (440 ml) BPA-free can no-salt-added diced tomatoes, drained and liquid

reserved

- $\frac{1}{4}$ cup pitted kalamata olives, chopped
- 1 cup cooked brown rice
- 2 Tbsp. chopped fresh parsley
- 1 Tbsp. chopped fresh oregano
- Salt & freshly ground black pepper, to taste
- 4 large bell peppers (red, orange, yellow or green)
- 4 tsp. (20 ml) grated Parmigiano Reggiano cheese or nutritional yeast

Directions:

Preheat oven to 400°F (200°C).

Finely grate tempeh or pulse in a food processor into little crumbles.

Heat olive oil in a large nonstick skillet on medium. Add onion & cook until soft and translucent. Add tempeh and garlic and cook, stirring occasionally, until tempeh starts to brown, about 3 minutes. Stir in spices. Add zucchini & cook until it starts to soften. Stir in tomatoes, olives, rice, parsley and oregano, and season with salt and black pepper.

Slice tops off peppers and remove all ribs and seeds. Cut a very thin slice from the base to help the pepper stand upright.

Place peppers in a baking dish & spoon tempeh mixture into peppers. Pour reserved tomato liquid plus $\frac{1}{4}$ cup (60 ml) water into the dish to surround peppers. Cover dish and bake for about 45 minutes. Remove cover, sprinkle the top of each pepper with 1 tsp. (5 ml) cheese or nutritional yeast and continue baking until cheese is golden, about 10 minutes. Remove from oven and carefully transfer stuffed peppers to serving plates.

17. Quinoa Porridge with Walnut Cream



Protein is really important for staying strong during and after treatment, and quinoa is an excellent vegetable protein source. If you're a fan of oatmeal, millet, or buckwheat, you'll find that the slightly nutty, somewhat crunchy taste and texture of quinoa is right in your wheelhouse.

Makes: 6 servings

Prep: 10 mins

Cook: 20 mins

Ingredients:

Walnut cream

- 1 cup walnuts
- 1 cup water
- 1 tsp. maple syrup
- 1 tsp. freshly squeezed lemon juice
- $\frac{1}{2}$ tsp. sea salt

Quinoa

- 1 cup quinoa
- 2 cups water
- $\frac{1}{4}$ tsp. sea salt
- $\frac{1}{8}$ tsp. ground nutmeg or freshly grated nutmeg
- $\frac{1}{2}$ tsp. of ground ginger
- 1 tbsp. maple syrup
- 2 tbsp. freshly squeezed orange juice
- 1 tsp. ground cinnamon
- $1\frac{1}{2}$ to 2 cups fresh blueberries, blackberries, raspberries
- $\frac{3}{4}$ cup toasted coarsely chopped walnuts

Directions:

To make the walnut cream, place the walnuts in a bowl, put water to cover, and let stand overnight.

Preheat the oven to 350°F. Drain the walnuts well & spread on a baking pan. Toast for 8-10 mins or until they're lightly browned and aromatic, then cool completely.

Put the toasted walnuts, the lemon juice, 1 cup water, maple syrup, and salt in a blender. Blend on high speed until creamy & smooth, 1 to 2 mins. Move the cream to a bowl or jar.

For quinoa, rinse it in a strainer and drain it well. In a medium pan, bring the salt, quinoa, and water to boil over high. Lower to low, & then cover & simmer for about 15 minutes. Move aside off the heat to cool for a few minutes, then fluff with fork.

When you are ready to serve, stir $\frac{1}{2}$ cup of the prepared walnut cream and the cinnamon, ginger, maple syrup, nutmeg, and orange juice into the cooked quinoa. Serve in bowls, & top with a spoonful of the walnut cream, some blueberries, & a sprinkling of toasted walnuts.

18. Salmon Lentil Stuffed Tomatoes with Curry Sauce



Salmon and green lentils are stuffed into fresh beefsteak tomatoes for a wholesome and delicious meal.

Makes: 4 servings

Prep: 10 mins

Cook:

Ingredients:

- 1 cup canned green lentils, rinsed and drained
- 1 (6-ounce) can salmon, drained or 1 (6-ounce) salmon pouch
- 1 celery stalk, thinly sliced
- 2 red radishes, diced
- 2 tbsp. capers (optional)
- Juice of 1/2 lemon plus 1 additional tsp. fresh lemon juice, divided
- 1 clove garlic, minced
- 2 tbsp. chopped fresh dill
- 1–2 tsp. Dijon mustard
- 1 tsp. fennel seeds (optional)
- 1/4 tsp. sea salt
- 1/4 tsp. freshly ground black pepper
- 2 tbsp. extra virgin olive oil
- 1/2 cup plain, low-fat yogurt
- 1 tsp. curry powder
- 4 large beefsteak tomatoes

Directions:

In a bowl, combine together the lentils, salmon, celery, radish and capers if using.

In a small bowl, whisk together the juice of 1/2 lemon, garlic, dill, mustard, fennel seeds if using, salt and pepper. Whisk in the olive oil. Add the olive oil mixture to the salmon and lentil mixture and combine gently. In a small bowl, stir together the yogurt, curry powder and remaining 1 tsp. lemon juice.

Slice 1/4" off the tops of the tomatoes and guide a small knife around the interior. Scoop out the innards of each tomato. Fill the tomatoes with the salmon and lentil mixture and top with curry yogurt sauce.

Serve.

19. Multigrain Bread



Whole-wheat flour, rolled oats, sunflower seeds, and millet are the grains in this hearty loaf. The fiber comes from whole wheat, millet, oats, and sunflower seeds. They all add some protein, too.

Makes: 8 servings

Prep: 3 hrs.

Cook: 40 mins

Ingredients:

- 1 ($\frac{1}{4}$ -ounce) packet yeast
- 3 tbsp. sugar
- 1 1/3 cups warm water
- 3 tbsp. soft butter
- 1 tsp. salt
- $\frac{1}{4}$ tsp. baking powder

- 1½ cups all-purpose flour
- 1½ cups whole-wheat flour
- ½ cup rolled oats
- ¼ cup sunflower seeds
- 2 tbsp. uncooked millet

Directions:

Combine ½ tsp. sugar, yeast, & 1/3 cup water in a bowl. Sit for 6 mins.

In a bowl, combine remaining butter, water, salt, sugar and baking powder.

Mix in the flour, followed by the yeast mixture, with an electric mixer.

Add the whole-wheat flour, rolled oats, sunflower seeds, and millet. Knead for 10 mins.

Take dough back into an oiled bowl and put in a warm place. Coat and let rise for two hrs., until doubled in bulk.

Punch dough, & then shape it into a loaf, and place it in an oily loaf pan. Cover & rise in for 1 1/2 hr., until dilated size.

Set oven to 350°F. Bare bread, and bake for about 40 minutes.

20. Roasted Kale



Kale is packed full of cancer-fighting phytonutrients.

Makes: 2 servings

Prep: 10 mins

Cook: 15 mins

Ingredients:

- 6 cups kale
- 1 tbsp. olive oil
- 1 tsp. garlic powder
- 1 tsp. sea salt

Directions:

Preheat oven to 375°F.

Wash & trim kale by pulling leaves off the tough stems or running a sharp knife down the length of the stem. Place leaves in a medium-size bowl; toss with olive oil and garlic powder.

Roast for 5 minutes; turn kale over and roast another 7–10 minutes, until kale turns brown and becomes paper thin and brittle.

Remove from oven and sprinkle with salt. Serve immediately.

21. Parsnip Curry





Related to carrots, parsnips are even more fibrous and have a stronger flavor. They are a winter vegetable that contains a huge amount of vitamin A.

Makes: 4 servings

Prep: 5 mins

Cook: 30 mins

Ingredients:

- 3 tbsp. canola oil
- 2 minced cloves garlic
- 1 tbsp. grated ginger root
- 1 tsp. minced fresh red chili pepper
- 6" lemongrass stalk, thinly sliced
- 1 cup diced onion
- 1/3 cup tomato paste
- 1½ cups coconut milk
- ½ cup Chicken Stock
- 2 pounds parsnips, peeled and cubed
- 3 tbsp. light soy sauce
- 1 tsp. grated lime zest
- 3 tbsp. fresh lime juice
- 2 tbsp. chopped cilantro
- 4 cups steamed jasmine rice

Directions:

In large pot, heat the oil on medium. Add the garlic, ginger, red chili pepper, lemongrass, and onion and sauté for 10 minutes.

Add the tomato paste; stir well.

Add the coconut milk, chicken stock, and parsnips. Bring to a boil, then reduce and simmer for about 15 minutes, until the parsnips are tender.

Add soy sauce, lime zest, lime juice, and cilantro. Stir and remove from heat.

Pour curry into soup tureen or large serving bowl. Put the steamed jasmine rice on a serving platter and serve it with the curry.

22. Tuna Salad with White Bean Dressing



Influenced by Mediterranean flavors, this salad is a beautiful display of rainbow colors on your plate.

Makes: 4 servings

Prep: 10 mins

Cook:

Ingredients:

For the salad:

- 6 cups leafy vegetables, such as lettuce, spinach and radicchio
- 1 large red or orange bell pepper, thinly sliced
- 1 cup halved cherry tomatoes
- 1 large avocado, thinly sliced
- 2 cans albacore tuna, drained
- 1/3 cup pitted & sliced Kalamata olives
- 2 tbsp. capers

For the dressing:

- 1 cup canned white navy beans, rinsed and drained
- 1/2 cup plain yogurt
- 1 cup packed flat-leaf parsley
- 1/4 tsp. freshly ground black pepper
- 2 tbsp. tahini
- 1 tsp. Dijon mustard
- Juice of 1/2 lemon
- 2 cloves garlic, finely chopped
- 1/4 tsp. sea salt

Directions:

For salad: In a bowl, combine together the greens, bell pepper, cherry tomatoes and avocado.

Break the tuna meat into chunks with a fork. Divide among plates, and top with the tuna chunks, olives and capers.

For the dressing: Place all dressing ingredients in a blender or food processor container and blend until smooth. Taste and adjust seasonings as needed. Drizzle over the salad.

23. Snow Peas with Shallots



Snow peas are completely edible, pod and all. You can usually find them fully prepped in the produce aisle.

Makes: 4 servings

Prep: 10 mins

Cook: 5 mins

Ingredients:

- 1 pound snow peas
- 2 tbsp. olive oil

- 4 shallots, minced
- $\frac{1}{2}$ pound cremini mushrooms, sliced
- 2 tbsp. sherry vinegar
- 1 tsp. fresh lemon juice

Directions:

Trim off ends of snow peas and pull strings, if necessary.

In large sautépan, heat olive oil over medium heat. Add shallots, snow peas, and mushrooms; stir-fry for 3–5 minutes or until vegetables are crisp-tender.

Stir in vinegar and lemon juice, then remove from heat and serve immediately.

24. Chickpea Pitas with Tahini Dressing

These chickpea pitas are an amazing lunch option, especially with the insanely delicious and creamy tahini dressing.

Makes: 4 servings

Prep: 10 mins

Cook:

Ingredients:

- 1 (14-ounce) can chickpeas, rinsed and drained
- 1 red bell pepper, diced
- 2 Roma (plum) tomatoes, seeds removed and chopped
- 1 small red onion, finely diced
- 1/2 cup cilantro or parsley, chopped
- 4 ounces cubed feta cheese
- 1/2 English cucumber, diced
- 1/3 cup black olives, chopped
- 4 tbsp. raisins
- 2 tbsp. tahini
- 3 tbsp. extra virgin olive oil
- Juice of 1 lemon
- 1/2 tsp. ground cumin
- 2 cloves garlic
- 1/4 tsp. cayenne
- 1/4 tsp. sea salt
- 1 tbsp. water
- 1/4 tsp. black pepper
- 4 (6-inch) whole grain pitas, sliced in half

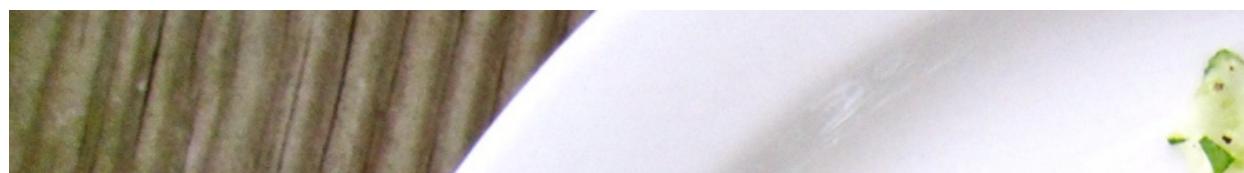
Directions:

In a bowl, combine together the chickpeas, bell pepper, cucumber, tomato, red onion, cilantro or parsley, feta cheese, olives and raisins.

Place the olive oil, tahini, lemon juice, garlic, cumin, cayenne, salt, black pepper and water in a blender, and blend until smooth. Add the tahini mixture to the chickpea mixture and stir to coat.

To serve, stuff the chickpea mixture into pitas.

25. Lemony Apple Fennel Salad





With its slight licorice flavor and crunchy texture, fennel is wonderful served raw in salads and it tastes even better combined with apples, arugula and zucchini.

Makes: 4 servings

Prep: 10 mins

Cook:

Ingredients:**For the salad:**

- 1 fennel bulb, thinly sliced
- 2 cups packed arugula
- 1/4 cup chopped fresh mint (optional)
- 2 medium apples, thinly sliced
- 1 medium zucchini, shredded (about 1 cup)

For the dressing:

- 3 tbsp. olive oil
- 1 tbsp. honey
- Juice of 1/2 lemon
- 1 tsp. grated lemon zest
- 1 clove garlic, minced
- 1/4 tsp. sea salt
- 1/4 tsp. freshly ground black pepper

Directions:

For salad: In a bowl, combine together the fennel, apple, arugula, zucchini, and mint if using.

For dressing: In a bowl, combine together the olive oil, honey, lemon juice, lemon zest, garlic, salt, & pepper. Toss and serve.

26. Zucchini Stir-Fry



If you have a garden, you know August and September can mean bumper crops of zucchini and tomatoes. Use the proceeds in this easy side dish recipe.

Makes: 4 servings

Prep: 5 mins

Cook: 12 mins

Ingredients:

- 2 tbsp. olive oil
- 2 cups sliced zucchini
- 1/8 tsp. black pepper
- 2 shallots, minced
- 2 cups grape tomatoes, halved

- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ tsp. dried thyme leaves

Directions:

In wok/large skillet, heat olive oil over med-high heat. Add zucchini and shallots; stir-fry until crisp-tender, about 5–7 minutes.

Add tomatoes, salt, pepper, and thyme; stir-fry until hot and all vegetables are tender, about 3– 5 minutes longer. Serve immediately.

27. Grilled Greens and Eggplant



Grilled greens and eggplant with Greek yogurt and turmeric.

Makes: 4 servings

Prep: 15 mins

Cook: 20 mins

Ingredients:

- $\frac{3}{4}$ tsp. Turmeric, ground
- $\frac{1}{2}$ cup Mint leaves, fresh

- 3 pieces lemon wedges
- Kosher salt
- Black pepper, freshly ground
- 1/4 tsp. Curry powder/garam masala
- 2 pieces Eggplants, medium, sliced across into half-inch-thick rounds
- 8 tbsp. Olive oil, extra virgin, divided
- 2 bunches Kale/Swiss chard
- 3/4 cup Greek yogurt, plain

Directions:

Preheat the grill on medium-high.

Place the 2 pieces of eggplant in a bowl filled with oil (2 tbsp.), turmeric, and pepper and salt to taste. Toss to combine and set aside.

Fill another large bowl with the greens. Add oil (2 tbsp.), pepper, and salt, and toss until the greens are well-coated. Set aside.

Place the eggplant on the hot grill & cook for about five to eight minutes or until tender and nicely charred. Set aside on a plate.

Place the greens on the hot grill and cook for two minutes (make sure to turn them often) or until some spots are a bit charred. Set aside on a cutting board.

Once the greens are cooled, cut off their thick stems and ribs. Tear the leaves into the eggplant bowl. Add oil (2 tbsp.) and mint, then toss until everything is well-combined.

Meanwhile, stir the garam masala and yogurt together in a deep dish. Add pepper and salt to taste. Smear the yogurt mixture on a platter. Arrange the grilled greens and eggplant on top. Serve topped with lemon wedges and drizzled with extra oil.

28. Ginger and Lemon Drink



A warm, healing ginger lemon

drink with turmeric and honey.

Makes: 3 servings

Prep: 30 mins

Cook: 5 mins

Ingredients:

- 1 piece Lemon, organic, sliced
- 1/8 tsp. Turmeric, ground

- 2 ½ cups Water, boiling
- 1 piece Ginger, fresh, 1-inch, peeled, and sliced
- 2 tsp. Honey

Directions:

Pour water into a pot and heat on medium-high. Once boiling, immediately turn off the heat.

Stir in the turmeric, ginger, and lemon.

Let it steep for 1/2 an hour.

Strain before serving. Enjoy.

29. Chicken Soup with Zoodles





A

hearty and comforting chicken zoodle soup with peas and carrots.

Makes: 4 servings

Prep: 5 mins

Cook: 5 mins

Ingredients:

- 5 cups water
- 3 zucchinis, spiralized into noodles
- 2 cups snow peas, sliced diagonally
- 2 green onions, sliced
- 1 large carrot, shredded
- 1 pound chicken breast
- 1 tsp. Asian sesame oil

Directions:

Heat the water in a large saucepan.

Cut the chicken into bite size pieces.

Once the water and the seasoning have boiled, add the zoodles, chicken, carrot, green onions, and snow peas.

Cook over high heat for approximately 5 mins.

Take off the heat, add the sesame oil, divide into bowls and then serve.

30. Turmeric Glazed Parsnips



Delicious turmeric glazed parsnips that make for a perfect side.

Makes: 4 servings

Prep: 10 mins

Cook: 45 mins

Ingredients:

- 1 tbsp. Lime juice, freshly squeezed
- 1/4 tsp. Pepper, freshly cracked
- 1/4 tsp. Salt
- 1 tsp. Cinnamon, ground
- 3 pounds parsnips, whole, peeled
- 1 tsp. Turmeric, ground
- 1/2 tsp. Coriander, ground
- 3 pieces Garlic cloves, minced
- Dill/parsley, fresh
- Olive oil, extra virgin

Directions:

Set the oven at 400 degrees Fahrenheit to preheat.

Spread out the parsnips on a greased baking sheet so they form a single layer. Toss with the olive oil (3 tbsp.), minced garlic, salt, pepper, and spices.

Place in the oven to bake for about forty to forty-five minutes or until caramelized and tenderly cooked. Serve garnished with fresh parsley/dill.

CONCLUSION

Well, there you go! 30 delicious cancer-fighting recipes for you to enjoy. Try out all the recipes and make sure to share these important and nutritious recipes with your friends and family.