

Beet and Orange Salad with Citrus Vinaigrette

Makes 4 servings

4 medium beets, stems trimmed to 1-inch
1 large navel orange
8 large butter or Boston lettuce leaves
1-2 Tbsp. diced red onion
1/4 cup orange juice
1 Tbsp. lemon juice
2 tsp. balsamic vinegar
1/2 tsp. salt
Ground black pepper
1 Tbsp. extra-virgin olive oil

1. Set a steamer insert into a large, deep saucepan. Pour in cold water to a depth of 2 inches, making sure it does not touch the bottom of the steamer. Arrange the beets in one layer the steamer. Cover tightly, and set the pot over high heat. When the water boils, reduce the heat and simmer the beets 45 minutes, or until a thin knife meets slight resistance when inserted into the center at the widest point. Transfer the beets to a plate and set aside until cool enough to handle.
2. To avoid staining your work surface, lay a sheet of plastic wrap over it. Slip your hands into plastic sandwich bags. Cut the tops and root tip off the beets. With your fingers, pull and slide off their skin. Cut each beet crosswise into 6 slices.
3. Grate 2 teaspoons zest from the orange and set aside. Cut off the top and bottom of the orange. Setting the orange on one of its cut sides on your work surface, slice off the peel in strips, letting the knife follow the curve of the fruit. Cut the orange crosswise into 8 slices.
4. To assemble, line 4 salad plates with the lettuce. On each plate, arrange 6 beet slices and 2 orange slices on top of the lettuce. Sprinkle on one-fourth of the onions. Or, if desired, line a serving platter with the lettuce, top with all the beets and orange slices, and the onion.
5. For the dressing, in a small bowl, whisk together the orange and lemon juices, vinegar, salt, and pepper until the salt dissolves. Whisk in the oil and add zest. Spoon the dressing over the salad. Serve immediately.



Beets are a good source of folate, a B vitamin that probably offers protection from pancreatic cancer. In addition, the pigments that give beets their vivid colors are potent antioxidants.

Onions, along with garlic and leeks, are members of the *allium* family of vegetables. Allium vegetables are high in flavonols and sulfur compounds – two plant compounds that may play a valuable role in disease prevention. In fact, according to AICR's most recent expert report on diet and cancer risk, allium vegetables probably offer protection from stomach cancer.

Per serving: 90 calories, 4 g total fat (<1 g saturated fat), 14 g carbohydrate, 2 g protein, 3 g dietary fiber, 360 mg sodium.

Cherry Salsa

Makes 8 servings, 2 Tbsp. each

- 4 Tomatillos, chopped*
- 1 Tbsp. water
- 3 small scallions, green and white parts separated, thinly sliced
- 1 tsp lemon juice
- 1 tsp lemon juice
- 1 pinch of ground black pepper or 1/8 tsp Tabasco sauce
- 1 cup dark sweet cherries (frozen or fresh and pitted), chopped*

1. In nonstick skillet, heat tomatillos with 1 tbsp. of water for approximately 3 minutes.
2. Add scallion whites and cook one minute. Add lemon juice, cherries and pepper and cook additional minute. Remove from heat; add scallion greens.
3. Refrigerate for at least one hour.

If using with poultry or fish, bring to room temperature or reheat before serving.

**Tomatillos and cherries can be chopped (separately) in a food processor.*



Cherries are an excellent source of beta carotene, which may play a role in protection against esophageal cancer. Additional studies have shown that cherries are a source of anthocyanins, a phytochemical that is credited with giving the fruit its notable red hue and recognized for its antioxidant power.

Per serving: 15 calories, 0 grams of fat (0 g saturated fat), 4 g carbohydrates, 0 g protein, 1 g dietary fiber, 0 mg sodium.

Tomato and Red Pepper Dip

Makes 36 servings, 2 tablespoons per serving

1 jar (12 oz.) roasted red peppers, rinsed and drained
1 can (15 oz.) white beans, rinsed and drained
1/4 cup tomato paste, preferably reduced sodium
2 garlic cloves, minced
3 Tbsp. low fat mayonnaise
1 tsp. dry oregano
1 tsp. ground cumin
1/4 tsp. ground chili powder or pinch cayenne pepper
Salt and freshly ground black pepper, to taste

1. Coarsely chop peppers.
2. Place in food processor or blender and puree.
3. Add beans, tomato paste, garlic, mayonnaise, oregano, cumin and chili powder or cayenne. Process to smooth puree.
4. Season to taste with salt and pepper.
5. Let stand one hour before serving.

Keeps up to 3 days, tightly covered and refrigerated. Yields 2 1/4 cups.



Tomatoes are a rich source of the phytochemical lycopene, which research suggests may protect against prostate cancer. Lycopene is especially concentrated in processed tomato products such as tomato sauce, paste and juice.

Beans, which are an excellent source of fiber (supplying 12-14 grams per cup), also provide essential minerals like potassium and iron, plus folate – an important cancer-fighting B-vitamin.

Per serving: 32 calories, 1 g total fat (<1 g saturated fat), 6 g carbohydrate, 1 g protein, 1 g dietary fiber, 120 mg sodium.

Strawberry-Melon Smoothie

Makes 4 servings

- 1 cup orange juice
- 1 cup cut-up cantaloupe
- 1 carton (8 oz.) nonfat plain yogurt
- 1 bag (10 oz.) frozen, unsweetened strawberries

1. In blender, puree orange juice with cantaloupe. Add remaining ingredients and blend until smooth. Serve immediately.



Strawberries provide a hearty dose of vitamin C and their vibrant color is a sign that they are rich in cancer-fighting phytochemicals. In addition, strawberries are a source of ellagic acid, which has shown promising anti-cancer properties in laboratory studies.

Cantaloupe is an excellent source of vitamin C. In addition, it provides more beta-carotene than all other melon varieties. According to experts, a diet rich in this phytochemical may reduce risk for esophageal cancer.

Per serving: 93 calories, <1 g fat (0 g saturated fat), 21 g carbohydrate, 4 g protein, 2 g dietary fiber, 40 mg sodium.

Strawberry-Blueberry Muffins

Canola oil spray
3 Tbsp. canola oil
1/3 cup unsweetened applesauce
1/2 cup sugar
2 eggs
1 tsp. vanilla
1 cup fresh blueberries
1 cup chopped fresh strawberries
1 cup whole-wheat flour
1 cup unbleached all-purpose flour
2 tsp. baking powder
1/4 tsp. salt
1/2 cup fat-free milk

1. Preheat oven to 375 degrees. Spray 12-cup muffin tin with canola oil and set aside.
2. In medium bowl, whisk together oil, applesauce, sugar and eggs. Add vanilla, blueberries and strawberries.
3. In separate bowl, blend together flours, baking powder and salt. Fold in half flour mixture, then half milk. Add remaining flour and milk, folding in just until blended.
4. Scoop batter into prepared tins. Bake 25-30 minutes or until golden brown and inserted toothpick comes out dry. Allow muffins to cool for 20 minutes before removing from pan.



Blueberries are high in soluble fiber and provide an excellent source of vitamins C and K – all for about 80 calories per cup. In addition, blueberries contain a family of plant compounds called *anthocyanides*, which are among the most potent antioxidants and may play a role in reducing risk of chronic diseases like cancer.

Whole wheat flour provides more fiber, vitamins, minerals and natural plant compounds than refined flour. According to experts, a diet that features foods containing dietary fiber can probably decrease your risk of developing colorectal cancer.

Per serving (1 muffin): 165 calories, 5 g total fat (<1 g saturated fat), 28 g carbohydrates, 4 g protein, 2 g dietary fiber, 133 mg sodium.

Pomegranate Cranberry Relish

Makes 2 cups or 8 servings

- 1 large navel orange
- 1/2 cup apple cider or juice
- 1/2 cup lightly packed brown sugar
- 1 (12-ounce) bag fresh or frozen cranberries
- 2 Tbsp. pomegranate concentrate or juice
- 1/2 tsp. ground cardamom

1. Cut away the rind and white pith of the orange. Separate segments of the orange and remove seeds. Set the orange aside.
2. In a deep saucepan, combine the apple juice and sugar. Set the pot over medium high heat and cook until the sugar dissolves. Add the cranberries, orange and juice, pomegranate concentrate, and cardamom.
3. Reduce the heat and simmer until the berries have popped and the relish resemble the canned, whole berry kind, 12 to 15 minutes, stirring occasionally. Transfer the relish to a bowl and cool to room temperature. Soupy when hot, the relish will thicken as it cools. Covered in the refrigerator, this relish keeps for a week.



Pomegranates are notable for their abundance of vitamin C, heart-healthy polyphenols and high levels of flavonoids – phytochemicals that have strong antioxidant properties and may play a role in cancer protection.

Oranges are an excellent source of vitamin C, with one medium orange providing more than 100% of the recommended Daily Value. Experts note that foods containing vitamin C probably reduce the risk of developing esophageal cancer.

Per serving: 97 calories, 0 g total fat (0 g saturated fat), 25 g carbohydrate, 0 g protein, 2 g dietary fiber, 8 mg sodium

Rhubarb-Strawberry Parfaits

Makes 4 servings

1 pint strawberries, hulled and thickly sliced
1/2 lb. fresh rhubarb, cut into 1 1/2-inch pieces
1/4 cup water
1/4 cup orange juice
1/4 cup sugar
1 vanilla bean, split lengthwise
1 1/2 cups nonfat plain yogurt
1 tsp. pure vanilla extract
1 tsp. sugar, preferably superfine (optional)

1. Combine strawberries, rhubarb, water, orange juice, sugar and vanilla bean in a heavy, medium saucepan. Bring to a boil over medium heat, stirring to dissolve the sugar. Reduce heat, cover and simmer until fruit is very soft, about 10 minutes. Put mixture in a bowl and refrigerate until cold, about 4 hours.
2. Mix yogurt and vanilla until well combined. Taste and, if desired, stir in superfine sugar (if desired). Chill until serving time.
3. To serve, layer yogurt mixture and strawberry-rhubarb mixture alternately into wineglasses or parfait glasses, ending with fruit. Parfaits can be prepared a few hours ahead and refrigerated.



A source of vitamins A and C, **rhubarb** also provides dietary fiber, which can help with weight control. Research suggests that foods containing fiber probably protect against colorectal cancer. In addition, rhubarb contains lutein and zeaxanthin, two phytochemicals that fall into the carotenoid family and have antioxidant properties. Experts note that carotenoids probably protect against cancers of the mouth, pharynx, larynx, and lung.

Per serving: 131 calories, less than 1 g total fat (0 g saturated fat), 30 g carbohydrate, 5 g protein, 3 g dietary fiber, 54 mg sodium.

Pasta with Sun Dried Tomatoes

Makes 5 servings

1 1/2 Tbsp. extra virgin olive oil, divided
1/4 cup pine nuts
1 cup sun dried tomatoes, packed dry – not in oil
1 cup boiling water
6 cloves garlic, pressed
1/4 tsp. salt
1/4 tsp. red pepper, or to taste
1/4 tsp. black pepper
1 1/2 Tbsp. dried Italian seasoning
1/2 lb. whole-grain fettuccine
1 oz. freshly ground Parmesan cheese

1. Heat 1/2 Tbsp. oil over medium heat in small skillet. Add pine nuts and cook, stirring frequently until lightly browned. Place in small bowl and set aside.
2. Place tomatoes in a small bowl. Pour boiling water over them and let them soak until tender. Drain tomatoes, reserving the liquid. Coarsely chop tomatoes and set aside.
3. Heat remaining oil in small skillet over medium heat. Add garlic, chopped tomatoes, salt, red and black pepper, and Italian seasoning. Stir frequently until garlic is browned. Add the reserved tomato liquid to the mix.
4. Cook pasta al dente according to package directions. Drain pasta and gently, but thoroughly, toss with sauce and stir until liquid is absorbed. Top each serving with equal amounts of pine nuts and Parmesan cheese.

Incorporating **nuts** into your diet is a great way to include more plant-based protein sources. According to experts, eating more plant foods offers increased cancer protection, thanks to their wealth of vitamins, minerals and phytochemicals.

With research suggesting a link between increased whole-grain consumption and a lower risk of heart disease, diabetes and cancer, experts continue to encourage Americans to eat more **whole grains**.

Per serving: 300 calories, 12 g total fat (2 g saturated fat), 38 g carbohydrate, 12 g protein, 8 g dietary fiber, 450 mg sodium.

Fennel and Red Grapefruit Salad with Asiago Cheese

Makes 4 servings

1 large fennel bulb
1 large red (or pink) grapefruit
1 oz. Asiago cheese
4 tsp. extra-virgin olive oil, preferably mild and fruity
Freshly ground black pepper, to taste

1. Trim the fennel by slicing it across the top just where the bulb starts to swell, cutting off any stalks and fronds. Cut off a slice from the tough bottom. With your fingers pull away any tough or bruised outer layers. Halve the bulb vertically, making 2 pieces. Cut each half vertically into five 1/2-inch wedges. Trim away most of the hard core from each wedge, leaving just enough to hold its layers together.
2. Cut the top and bottom off the grapefruit, cutting deep enough to expose the flesh. Standing the grapefruit on its flat bottom on a work surface, work a knife down the side, following the curved shape of the fruit to slice the peel and white pith in a strip. Keep rotating the grapefruit until all the peel is removed. Holding the peeled fruit over a bowl, work the knife in along the membrane on both sides of every section, releasing the flesh into the bowl. Squeeze the juice from the membrane into the bowl.
3. To assemble the salad, on each of four salad plates, arrange 5 fennel wedges in an arc. Fan out 4 grapefruit wedges below the fennel, slightly overlapping them. Holding the chunk of cheese over each plate, use a vegetable peeler to shave a few thin slices over the salad, using one-quarter ounce of the cheese for each serving. Drizzle 1 teaspoon of the oil over each salad. Season with a pinch of ground pepper. Serve the salad immediately.



All **grapefruit** varieties provide an excellent source of vitamin C, but red and pink grapefruit are also rich in lycopene – the phytochemical noted for its potential to protect against prostate cancer.

Per serving: 110 calories, 7 g total fat (2 g saturated fat), 11 g carbohydrate, 3 g protein, 3 g dietary fiber, 115 mg sodium.

Quinoa-Stuffed Red Peppers

Makes 4 servings

3/4 cup quinoa
1 Tbsp. olive oil
3/4 cup finely chopped red onion
1 garlic clove, finely chopped
1 bunch Swiss chard, ribs removed, coarsely chopped
1 vine or beefsteak tomato, seeded and chopped
1/2 tsp. ground cinnamon
1/2 tsp. ground cumin
1/2 tsp. ground ginger
1/4 tsp. ground turmeric
3 Tbsp. dried currants
1 Tbsp. lemon juice
4 red bell peppers
1 cup vegetable broth

1. Preheat oven to 400 degrees.
2. In a medium saucepan, combine quinoa with 1 1/2 cups cold water. Cover and bring to boil over medium-high heat. Reduce heat to medium and cook 5 minutes. Without uncovering, let quinoa sit for 20 minutes. Uncover and set aside
3. Add olive oil to medium skillet over medium-high heat. Add onion and garlic and sauté until soft, 5 minutes. Add chard and tomato, cook until soft, 5-8 minutes. Add cinnamon, cumin, ginger, turmeric and currants. Cook for 30 seconds, stirring frequently. Continue cooking an additional 2 minutes. Off heat, add quinoa and lemon juice, stirring to combine. Set aside.
4. Cut off tops of peppers and discard seeds. If large, cut off enough to make them about 3 inches high. Carefully cut a very thin slice off bottom of each pepper to allow it to stand. Fill peppers with quinoa mixture, packing lightly and mounding it. Stand peppers in 8 inch square baking dish and pour in broth. Cover peppers with foil, sealing well.
5. Bake 45 minutes, or until peppers are tender when pierced with a knife (but not collapsing). Remove from oven, uncover, and let stand 20 minutes or longer. Serve hot, warm, or at room temperature.



Red peppers are excellent sources of vitamin C, containing more than twice as much as green peppers. According to experts, foods containing vitamin C probably protect against esophageal cancer. In addition, red peppers provide a source of the carotenoid beta-cryptoxanthin, as well as some lycopene, which research suggests may be linked with lower risk of prostate cancer.

Quinoa (keen-wah) has a mild, nutty flavor and a higher protein content than other whole grains. Experts note that diets rich in whole grains provide added cancer protection.

Per serving: 220 calories, 6 g total fat (<1 g saturated fat), 39 g carbohydrate, 6 g protein, 4 g dietary fiber, 270 mg sodium.

Watermelon Granita

Makes 4 servings

2 limes
1 tsp. sugar + 1/3 cup sugar, divided
1/3 cup water
1 1/2 to 2 pounds cubed seedless watermelon
Mint leaves, as garnish

1. Using a rasp or fine grater, zest the limes. Place the zest in a small bowl. Add 1 teaspoon of the sugar. With back of a teaspoon, rub the zest and sugar together until the mixture is pale green, 1 minute. Juice the limes to equal 1/4 cup juice. Add the juice to the zest mixture, and set aside.
2. Place the remaining 1/3 cup sugar in a small saucepan. Add 1/3 cup water. Over medium-high heat, bring the mixture to a boil. When the hot syrup is clear, add the zest and sugar mixture. Off the heat, stir well, then set aside to cool to room temperature.
3. In a blender, puree the melon to make 3 cups pulpy liquid. Place the melon in a metal pan that is 9" square or larger. Mix in the cooled lime syrup. Cover with plastic and place in the freezer. The mixture should be no more than 3/4-inch deep.
4. Freeze until just hardened, about 6-8 hours, and then stir the mixture. To serve, scrape well and mix with a fork, then mound the granita into 6 small, clear bowls or glasses. Garnish with mint and serve immediately. Granita is best served the day it is made, but will hold in the freezer for 24 hours. Scrape well to loosen it before serving. Yields 3 1/2 cups.



Watermelon is an outstanding source of lycopene, a phytochemical linked with lower risk of prostate cancer. Lycopene belongs to the *carotenoid* family and gives tomatoes, watermelon, guava, and red and pink grapefruit their characteristic color.

Per serving: 123 calories, 0 g total fat (0 g. saturated fat), 32 g carbohydrate, 1 g protein, 0 g dietary fiber, 2 mg sodium.