



# TO YOUR HEALTH

## NFCR RECIPE COLLECTION

- ✓ HEALTHY
- ✓ NUTRITIOUS
- ✓ BALANCED
- ✓ SCIENTIFIC
- ✓ PREVENTATIVE



FROM TRADITIONAL TO NEW AND INTERESTING RECIPES, NFCR HAS GATHERED A WIDE VARIETY OF HEALTHY RECIPES THAT YOU CAN PREPARE AT HOME TO HELP YOU AND YOUR FAMILY STAY HEALTHY.

# TO YOUR HEALTH

NATIONAL FOUNDATION FOR CANCER RESEARCH  
RECIPE COLLECTION



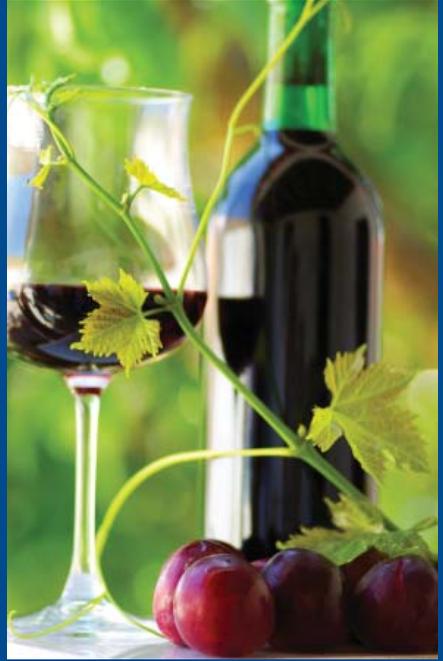
## FOREWORD

We all want to help keep ourselves and our loved ones –healthy and cancer free. In fact, those three little words – “You have cancer” – are still some of the scariest words a person will ever hear. The National Foundation for Cancer Research is working to fight cancer on all fronts developing better prevention methods, earlier diagnosis, more effective treatments, and ultimately, a cure for cancer. This “all hands on deck” effort includes providing the public – that’s you – with information on preventing cancer through a healthy lifestyle, and following a healthy diet rich in cancer-fighting antioxidants is one way you can take action against cancer in your daily life.

The National Foundation for Cancer Research supports cutting-edge research that includes exploration into ways that diet and cancer are related. In fact, our research shows that dietary factors may play a role in more than 30% of human cancers. Some foods are related to cancer causation, while others help prevent it. The recipes on the following pages are meant to give you some ideas for meals you can prepare that not only taste great, but are good for your body, too! Please enjoy and email me at [info@nfc.org](mailto:info@nfc.org) if you have any suggestions or want to share new recipes too. Bon Appetit!



Franklin C Salisbury, Jr.  
President



## CONTENTS

SOUPS .....	04
SALADS .....	12
SIDE DISHES .....	24
ENTRÉES .....	40
DESSERTS .....	52

# SOUPS



Soup is made by combining ingredients such as meat, vegetables or legumes in stock or hot/boiling water, until the flavor is extracted, forming a broth.

Traditionally, soups are classified into two broad groups: clear soups and thick soups. The established French classifications of clear soups are bouillon and consommé. Thick soups are classified depending upon the type of thickening agent used: purées are vegetable soups thickened with starch; bisques are made from puréed shellfish thickened with cream; cream soups are thickened with béchamel sauce; and veloutés are thickened with eggs, butter and cream. Other ingredients commonly used to thicken soups and broths include rice, flour, and grain.

ALL HALLOW'S EVE SOUP .....	06
CHICKEN & VEGETABLE BEAN SOUP .....	07
CHILLED TOMATO SOUP .....	08
CREAM OF CARROT SOUP .....	09
MIXED BEAN SOUP .....	10
TOMATO, ORANGE & CELERY SOUP .....	11

# All Hallow's Eve Soup



## Seven Ways to Reduce Cancer Risk

1. If you smoke, quit. If you don't smoke, don't start.
2. Include more fruits and vegetables in your diet.
3. Increase the amount of fiber in your diet.
4. Limit alcohol intake.
5. Avoid excess sun exposure and wear a sunscreen of SPF 30 or higher.
6. Maintain healthy weight.
7. Know the warning signs for common cancers and perform regular self-exams.

- 1 (16-ounce) can pumpkin
- ½ to 1 cup finely grated fresh pumpkin\* (optional)
- 1 medium onion
- 1 clove garlic, minced
- 1 tablespoon vegetables oil
- 4 cups chicken broth
- ½ teaspoon coriander
- ¼ to ½ teaspoon red pepper flakes
- ¼ teaspoon ground nutmeg
- 3 cups hot cooked rice
- cilantro sprigs for garnish

- Cook onion and garlic in oil in large saucepan or Dutch oven over medium heat until onion is tender.
- Stir in broth, pumpkin, fresh pumpkin, coriander, pepper flakes, and nutmeg.
- Bring to a boil.
- Reduce heat; simmer uncovered, 5 to 10 minutes.
- Top each serving with ½ cup rice.
- Garnish with cilantro sprigs.
- Makes 6 servings.
- Substitute fresh acorn, butternut, hubbard, or other winter squash for fresh pumpkin, if desired.

# Chicken & Vegetable Bean Soup

1 cup dry great northern beans  
6 cups water  
1 cup chopped onion  
1 medium fennel bulb, trimmed & cut into ½” pieces  
2 medium carrots, chopped  
2 cloves garlic, minced  
2 tbsp snipped fresh parsley  
1 tsp dried rosemary, crushed  
¼ tsp pepper  
4 ½ cups chicken broth  
2 ½ cups shredded cooked chicken  
1 14 ½ oz can diced tomatoes, undrained

- Rinse beans, drain.
- Combine beans and water in large saucepan, bring to boiling, reduce heat.
- Simmer, uncovered, for 10 minutes.
- Remove from heat, cover, let stand for 1 hour.
- Drain & rinse beans.
- In crock pot combine onion, fennel, carrots, garlic, parsley, rosemary, and pepper.
- Place beans atop vegetables.
- Pour chicken broth over all.
- Cover, cook on low-setting for 8-10 hours or on high-setting for 4-5 hours.
- If using low-setting, turn to high-setting and stir in chicken and tomatoes.
- Cover and cook 30 mins. longer or until heated through.
- Makes 4 to 6 servings.



# Chilled Tomato Soup



## Cancer Fighting Food

Do you know that about one-third of cancer cases can be prevented by eating healthier? Include more varieties of fruits and vegetables in your diet starting today. They are our best guardians against many types of cancer.

- ◆ Avocados
- ◆ Berries
- ◆ Carrots
- ◆ Citrus Fruits
- ◆ Cruciferous Vegetables
- ◆ Curry
- ◆ Dark Chocolate
- ◆ Garlic
- ◆ Mushroom
- ◆ Pomegranates
- ◆ Tea (green or black)
- ◆ Tomato
- ◆ Red Wine (in moderation)
- ◆ Seaweed

2 pounds vine-ripened tomatoes

¼ cup extra virgin olive oil

1 tablespoon balsamic vinegar

1 tablespoon basil

1 tablespoon cilantro

½ cup chopped red onion

Season to taste with garlic powder, black pepper, fennel seeds

Garnish with cilantro, chopped almonds, or chopped avocado

- Place tomatoes in boiling water for a few minutes.
- Remove from heat and dip in cold water immediately.
- Remove skin from tomatoes.
- Chop tomatoes and blend with oil, vinegar, herbs, onion and seasonings. The texture should be chunky.
- Chill at least one hour.
- Serve with garnish adding more seasoning as desired.

# Cream of Carrot Soup

2 lbs peeled and chopped carrots

3 14-oz cans chicken broth

½ cup chopped fresh dill

1 tbsp sugar (optional)

½ tsp salt (optional)

¼ tsp freshly ground pepper

½ cup margarine, melted

1 medium onion, chopped

¼ cup all-purpose flour

1 cup half and half

1 cup milk

- Bring carrots, chicken broth, dill, sugar, salt, and ground pepper to boil in large Dutch oven.
- Reduce heat, simmer 20 minutes until carrots are tender.
- Melt margarine in large skillet over medium heat.
- Add onion and cook 4-5 minutes until softened and just beginning to brown.
- Add flour, stir 3 minutes.
- Stir into carrot mixture until combined.
- Puree carrot mixture in blender in batches; transfer each batch to large bowl, then return to Dutch oven.
- Stir in heavy or whipping cream and milk.
- Cook over medium heat until heated through, about 5 minutes (do not boil).
- Makes 8 cups.

## Weigh Less - Live Longer

- ◆ Write down when and what you eat to help manage weight gain and monitor behavior-related habits.
- ◆ Make smart food choices such as reading nutrition labels, or choose salads and fruits when eating on the go.
- ◆ Get a weight assessment and evaluation to determine the level of physical activity needed to meet your health goals. The most important part of an exercise plan is maintaining your routine. This is also the best method of losing weight and keeping it off.



## Mixed Bean Soup



1/2 cup dry baby lima beans or garbanzo beans  
1/2 cup dry pinto beans or kidney beans  
1/2 cup dry navy beans or great northern beans  
4 cups cold water, 1 cup chopped celery  
1 cup chopped onion, 1 cup chopped carrot  
3 cloves garlic, minced, 1 tbsp olive oil or cooking oil, 3 cups water, 1 14-ounce can vegetable broth  
1 tsp dried thyme, crushed  
1/2 tsp dried marjoram, crushed, 1/4 tsp pepper  
1 14-1/2-ounce can diced tomatoes  
1 1/2 cups low-sodium vegetable juice  
4-5 sprigs fresh marjoram (optional)

- Rinse beans; transfer to 4-quart Dutch oven and 4 cups cold water.
- Bring to boiling; reduce heat. Simmer for 2 minutes; remove from heat.
- Cover and let stand for 1 hour. (Or, omit simmering and soak beans in cold water overnight in a covered Dutch oven.)
- Drain and rinse beans in a colander.
- In the same covered Dutch oven cook the celery, onion, carrot, and garlic in the hot oil until tender, stirring once or twice. Add beans.
- Stir in 3 cups water, the vegetable broth, thyme, marjoram, and pepper.
- Bring to boiling; reduce heat.
- Simmer covered, for 1-1/4 to 1-1/2 hours or until beans are tender.
- Stir in undrained tomatoes and vegetable juice.
- Heat through.
- If desired, garnish with fresh marjoram.
- Makes 5 servings.

## Tomato, Orange & Celery Soup

1 medium potato, peeled and diced

1 crushed garlic clove

1 celery rib, chopped

1 carrot, diced

1 ½ pounds tomatoes, quartered

1 tablespoon tomato purée

juice of half an orange

¾ pint vegetables stock

1 onion, chopped

black pepper

fresh or dried basil

1 tablespoon olive oil

Tabasco sauce (optional)

- Heat oil and add onion, potato, garlic, celery and carrot.
- Cook for approximately 5 minutes or until vegetables are softened.
- Add tomatoes and cook for another 3-4 minutes.
- Add tomato purée, orange juice, vegetable stock and basil.
- Bring to a boil and reduce heat.
- Cover and simmer for 25 minutes.
- Season to taste.

NFCR's approach is to investigate the root causes of cancer in order to understand how to stop it from forming and spreading. Our scientists focus on research areas that hold the most promise in the war against cancer.

NFCR funds the most innovative research and fosters a cooperative, multidisciplinary approach to discovering the root causes of cancer. Armed with a better understanding of how cancer forms and how it spreads, NFCR scientists are seeking out ways to enable doctors to intervene earlier, identify an individualized treatment strategy for each patient, and save more lives.



# SALADS



Salad is a mixture of cold foods, usually including vegetables or fruits, often with a dressing or sauce, occasionally nuts or croutons, and sometimes with the addition of meat, fish, pasta, cheese, or whole grains. Salad is often served as an appetizer before a larger meal.

The word “salad” comes from the French *salade* of the same meaning, which in turn is from the Latin *salata*, “salty”, from *sal*, “salt”.

APPLE & CABBAGE SALAD .....	14
BLACK BEAN, RED PEPPER & MANGO SALAD .....	15
CORN AND RED POTATO SALAD .....	16
GRAPEFRUIT & SPINACH SALAD .....	17
GRILLED CORN, RED PEPPER & CUCUMBER SALAD .....	18
PINEAPPLE AMBROSIA SALAD .....	19
SPINACH, ORANGE & ALMOND SALAD .....	20
THREE-APPLE WALDORF SALAD .....	21
WATERCRESS AND ORANGE SALAD .....	22
WATERMELON SALAD .....	23

# Apple & Cabbage Salad



## Tips to Reduce Your Risk of Skin Cancer

- ◆ Avoid unnecessary sun exposure, especially between 10 a.m. and 4 p.m.
- ◆ Use sunscreens rated SPF 30 or higher to protect against UVA and UVB rays, and re-apply often.
- ◆ Perform self-examinations every three months, in addition to an annual dermatologist visit.

- ½ cup plain yogurt
- 2 tablespoons mayonnaise
- 2 tablespoons celery seeds
- 3 tablespoon honey
- 1 tablespoon mustard
- 2 cups shredded green cabbage
- 1 cup diced red cabbage
- 4 cups diced apples (Jonathan, McIntosh, Rome or Fala)

- Combine yogurt, mayonnaise, celery seeds, honey and mustard.
- Combine cabbage and apples in a large bowl and add dressing.
- Toss until well mixed.
- An apple a day really does keep the doctor away! For maximum health benefits, make sure you eat the antioxidant-rich peel!

# Black Bean, Red Pepper & Mango Salad

This recipe can utilize canned or frozen vegetables in mid-winter, if necessary.

1 can black beans, rinsed

1 can corn or frozen corn

1 red pepper, chopped

1 red onion, chopped

1 mango chopped if available or canned mandarin oranges

cilantro to garnish or any green herb you can find

olive oil

balsamic vinegar

- Mix black beans, corn, red pepper, red onion and mango on a platter.
- Drizzle with olive oil and balsamic vinegar to taste.
- Garnish with green herb.
- Very colorful and delicious.
- If you can't find a green herb, add a few frozen peas to create a very colorful salad.

## Nutritional Needs of Men to Fight Cancer

Eat fresh fruits and vegetables—Studies show that only four percent of men eat the daily recommended nine servings of fruits and vegetables.

Reduce fat intake—Choose leaner cuts of meat or low-fat dairy products. Excess fat is associated with increased health risks, including cancer.

Drink alcohol in moderation—Research shows that the risk of cancer increases with larger amounts of alcohol consumption.



# Corn & Red Potato Salad



## Healthy Living Tips

Numerous studies have reported a link between alcohol consumption and many cancers, including breast, liver, esophageal, oral cavity, and laryngeal cancers.

Moderation is vital for cancer prevention. Women should limit their alcohol consumption to no more than one drink a day (one drink is equivalent to 4 ounces of wine, 12 ounces of beer, or 1.5 ounces of liquor). Lesser amounts may be advised for women who are breast cancer survivors. Men should not exceed two drinks a day.

2 lbs red potatoes  
2 ears fresh corn  
½ cup mayonnaise  
¼ cup sour cream or plain yogurt  
½ tsp finely grated lemon peel  
1 tbsp lemon juice  
½ cup sliced green onions  
Salt and pepper (to taste)  
Dill (garnish)

- Boil potatoes and corn cobs until cooked, then cool.
- Dice potatoes and remove kernels of corn from cob. In large bowl, mix mayonnaise, sour cream or yogurt, lemon peel, lemon juice, and green onion.
- Add salt and pepper to taste.
- Add potatoes and corn.
- Gently toss to coat. Garnish with dill.
- Makes 8 servings.

# Grapefruit & Spinach Salad

- 1 10-oz pkg washed spinach leaves
- 1-2 fresh red grapefruit, sectioned
- 1 red bell pepper, cut into short thin strips
- ½ cup sliced green onions
- ½ cup honey-dijon or fat-free Italian dressing
- ¼ cup croutons

- In a large bowl, combine spinach, grapefruit sections, bell pepper strips and green onions. Add dressing and croutons, toss well.

When it comes to finding a cure for cancer, we here at NFCR believe in discovery-oriented basic science research. We believe that in order to fully conquer this devastating disease, we need to encourage innovative scientists to study cancer at its most fundamental level, the molecular level.

We understand that to reach this goal, research in diverse fields needs to be conducted simultaneously. Conquering cancer will be the result of scientists from diverse fields working in collaboration to bring all their skills to bear, sharing insights and information, and applying the newest technologies to decode cancer's molecular mysteries.



# Grilled Corn, Red Pepper & Cucumber Salad



## Physical Exams for Proactive Cancer Prevention

Screenings for cancer (based on age, gender, and risk level)\*

Physical examination of the body to assess future medical problems

Vaccination updates (based on age and gender)

Vital signs check (blood pressure and pulse)

Basic biometrics measurements (height and weight)

Electrocardiogram (EKG) test (displays electrical performance of the heart)

Basic Metabolic Panel (BMP), blood work tests for a series of health conditions

\*NFCR provides the latest screening tests at [www.nfcr.org](http://www.nfcr.org)

- 4 large ears corn, shucked
  - 1 large red bell pepper, cut into quarters
  - 1 large cucumber, peeled, seeded, & diced
  - 2 tbsp fresh lime juice
  - 2 tbsp olive oil
  - 2 tbsp chopped fresh cilantro
  - ½ tsp sugar
  - ¼ tsp freshly ground black pepper
- Heat grill.

- Grill corn and bell pepper over hot coals, turning occasionally, 15-20 minutes or until lightly charred and tender.
- Place bell pepper in plastic bag, seal and let stand 5 minutes.
- Remove skin from pepper and dice.
- When cool, cut corn kernels from cobs.
- Place corn, diced pepper and cucumber in serving bowl.
- Toss with lime juice, olive oil, cilantro, sugar and black pepper.
- Makes 6 servings.

# Pineapple Ambrosia Salad

1 fresh pineapple or 1 can pineapple chunks

1 cup peach yogurt or sour cream

1 cup grapes, green or red

2 sliced bananas

½ cup flaked coconut

1 teaspoon grated orange peel

- Cut fresh pineapple into cubes (or drain canned pineapple), reserving 2 tablespoons of juice.
- Blend juice with sour cream or yogurt.
- Combine with remaining ingredients except bananas.
- Chill.
- Add bananas and serve.
- Serves 4-6.

NFCR works to accelerate the pace of cancer research by recognizing innovative ideas while they are still in their infancy, and providing scientists with the initial funding to substantiate their ideas. To maximize the productivity of its cancer research programs, NFCR established an international network of Research Discovery Centers, each of which is directed by a highly accomplished cancer research leader. Together, these Centers constitute our “Laboratory Without Walls”—promoting the sharing of ideas and information across research institutions and engaging top research minds from a wide range of scientific disciplines.



# Spinach, Orange & Almond Salad



## Warning Signs of Childhood Cancer

Many childhood cancers can be cured if diagnosed and treated early. Often times, parents with a child that has cancer recall an omniscient feeling of “something wrong” with their kids. It is recommended that when parents have this gut uneasiness, they proceed quickly to obtain a second opinion even if the initial diagnosis appears normal so that their child can be treated properly as early as possible.

For more information about common warning signs of childhood cancer, please visit [www.NFCR.org](http://www.NFCR.org)

### Vinaigrette:

- 2 tsp low-sodium soy sauce
- 4 tsp fresh lime juice
- 2 tsp finely chopped shallots
- 3 1/2 tablespoons olive oil
- salt to taste
- freshly ground black pepper

### Salad:

- 1/3 cup slivered almonds
- 2 1/2 cups spinach, cleaned and torn into bite-size pieces
- 1/2 orange, peeled and sectioned

For the vinaigrette, place all the ingredients in a container with a tight-fitting lid.

Shake well.

Add the salt and pepper to taste.

- For the salad, preheat the oven to 350°F.
- Spread the almonds on a baking sheet and toast in the oven until lightly browned, about 5 minutes.
- Place the spinach in a bowl and toss with the vinaigrette.
- Transfer the dressed spinach leaves to a serving plate.
- Arrange the orange sections on top and sprinkle with the almonds.

# Three-Apple Waldorf Salad

Makes 5 ½ cups

- 1 Red Delicious apple
- 1 Golden Delicious apple
- 1 Granny Smith apple
- 3 stalks celery, chopped
- 1/3 cup raisins
- ½ cup light mayonnaise
- ½ cup nonfat yogurt
- ½ teaspoon nutmeg

- Combine mayonnaise, yogurt, and nutmeg in a large bowl.
- Set aside.
- Core and chop apples.
- Add to mayonnaise mixture along with remaining ingredients.
- Mix and refrigerate at least three hours to blend flavors.

## Cancer Fighting Food Apples

Apples provide a multitude of health benefits. Eating an apple a day can protect you against heart disease, and reduce the risks of cancer.

Laboratory research has shown that quercetin, a flavonoid (molecules that give fruits and vegetables their vibrant color) abundant in apples, helps prevent the growth of prostate cancer cells. What's more, pectin, a compound found at the skin of apple, can lower cholesterol the severity of diabetes.



## Watercress & Orange Salad



More individuals diagnosed with cancer are surviving today than ever before, and those who unfortunately do not survive live longer and experience a much higher quality of life than was possible just a few years ago. Every day at NCFR, our researchers report progress in developing promising new treatments for cancer. But until there is a cure, we will not be satisfied—too many lives are at stake. NCFR is committed to funding research because we want to cure cancer. We continue to pursue every qualified lead and every opportunity that merits funding with the resources we have available.

4 Valencia oranges  
3 large bunches of watercress  
6 tablespoons oil  
pinch of sugar  
salt and pepper  
1 teaspoon lemon juice  
juice and rind of one orange

- Wash the watercress and carefully cut away any thick stalks.
- Break the watercress into small sprigs, discarding any yellow leaves.
- Carefully remove the peel and white parts from the oranges using a sharp knife.
- Catch any juice that spills in a small bowl.
- Cutting carefully, remove the fleshy segments from between the thin membrane inside the orange.
- Arrange the watercress with the orange segments on a serving platter.
- Mix remaining ingredients in bowl with the reserved juice.
- Pour dressing over oranges and watercress just before serving, to prevent the watercress from going limp.

# Watermelon Salad

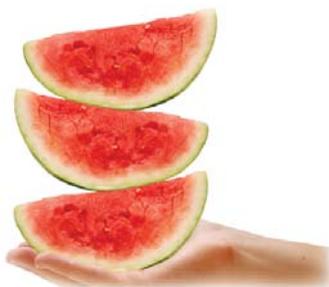
1 5-lb watermelon  
1 sweet onion  
1/4 cup red wine vinegar  
Salt and pepper  
1/2 cup extra-virgin olive oil  
2 tbsp chopped fresh mint  
4 ounces feta cheese, crumbled  
6 whole mint sprigs

- Cut the flesh from watermelon into bite size pieces, removing and discarding the seeds, and set aside.
- Peel and slice the onion into rings.
- In a small bowl, combine vinegar, salt, pepper, and whisk until salt is dissolved.
- Slowly whisk in the olive oil, a few drops at a time.
- Add in the chopped mint, taste, and adjust seasonings.
- In a large bowl, combine the melon, onion, and feta.
- Pour the dressing over the melon mixture and toss gently until everything is coated and evenly mixed.
- Garnish with mint sprigs.
- Divide salad among individual plates and garnish with mint leaves.
- Makes 6 servings

## Healthy Living Tips

Watermelon, picnics and outdoor activities are summer traditions. But as you enjoy the hot weather, it is extremely important to drink plenty of fluids. Adequate fluid intake provides a myriad of health benefits, including cancer prevention.

A minimum of eight (8-ounce) glasses of fluids a day is recommended. Many beverages and some foods contribute to your daily total, not just water. Avoid caffeinated and alcoholic beverages—they are diuretics, which draw fluids out of the body. Take plenty of water on your picnics and enjoy the outdoor fun.



# SIDE DISHS



A side dish, sometimes referred to as a side order or simply a side, is a food item that accompanies the entrée or main course at a meal. A typical meal with a meat-based main dish might include one vegetable side dish, sometimes in the form of a salad, and one starch side dish, such as bread, potatoes, rice, or pasta.

When used as an adjective qualifying the name of a dish, side usually refers to a smaller portion served as a side dish, rather than a large main dish serving. For example, a “side salad” is usually served in a small bowl or salad plate, in contrast to a large dinner-plate-sized entrée salad.

BAKED STUFFED TOMATOES .....	26
BAKED TOMATOES WITH ORZO AND OLIVES .....	27
BELL PEPPER SALUTE .....	28
BRAISED RED CABBAGE WITH APPLES .....	29
CRANBERRY SAUCE WITH APPLES AND GRAPES .....	30
GRILLED TOMATO MELTS .....	31
HERB-GRILLED TOMATOES .....	32
HOT ARTICHOKE DIP .....	33
MEDITERRANEAN STYLE VEGETABLES .....	34
ROASTED ROOT VEGETABLES .....	35
SPICED CABBAGE AND APPLE SLAW .....	36
STEAMED ASPARAGUS .....	37
WATERMELON FIRE AND ICE SALSA .....	38
WINTER COLESLAW .....	39

# Baked Stuffed Tomatoes



## Exercise Reduces Cancer Risk

Sex hormones are strongly linked to the development of breast cancer. Physical activity may better regulate the production, metabolism, and excretion of these hormones which reduces the risk of tumor development.

Testosterone influences the development of prostate cancer. Exercise is known to moderate testosterone levels, and thereby may protect men against prostate cancer.

Physical activity opens your lungs to more air which may reduce both the concentration of cancer agents in the airways and the duration of agent-airway interaction.

- 4 medium tomatoes
- 2 cloves garlic, minced
- 1 tbsp margarine
- ½ cup chopped green sweet pepper
- 1 tsp dried basil, crushed
- ¾ cup croutons
- 2 tbsp snipped fresh parsley

- Cut a ½ inch slice from top of each tomato, discard tops, scoop out pulp, discard seeds.
- Coarsely chop pulp (yield approx. 1 cup).
- Set aside.
- Cook garlic in margarine in medium skillet for 30 seconds.
- Stir in tomato pulp, green pepper, and basil.
- Cook for 2 minutes or until green pepper is crisp-tender.
- Stir in croutons and parsley.
- Spoon crouton mixture into tomatoes, arrange stuffed tomatoes in a 9" pie plate.
- Bake, uncovered, in 350 degree oven for 10-15 minutes or until heated through.
- Makes 4 servings.

# Baked Tomatoes with Orzo and Olives

4 large tomatoes, halved, hollowed

3 cup cooked orzo

¼ cup olives chopped

1 tsp garlic, finely minced

3 tbsp basil, or parsley chopped

3 tsp pine nuts toasted

1 tbsp olive oil

¼ cup parmesan cheese

- Preheat oven to 350° F or grill.
- Halve and hollow tomatoes, place in a baking dish.
- Mix the rest of the ingredients except the cheese together in a small bowl and season with salt and pepper to taste.
- Carefully stuff the tomatoes and sprinkle with cheese.
- Bake for 20 minutes and serve.
- Make 8 servings.

## Cancer Fighting Food Garlic

Garlic contains allyl sulfur compounds, flavonoids, and selenium, all which have health benefits.

Research has shown that allyl sulfur in garlic can slow or prevent the growth of tumor cells. Preliminary human studies suggest that regular consumption of garlic (particularly unprocessed garlic) may reduce the risk of developing several types of cancer including gastric and colorectal malignancies.

Although the health benefits of garlic are frequently reported, excessive intake can have harmful effects.



# Bell Pepper Salute



## Cancer Fighting Food Sweet Peppers

Sweet peppers are bursting with the antioxidant vitamins C and A. They are also a good source of folic acid and potassium. Peppers are available year-round in colors ranging from green, yellow, red, and orange, to purple, and even black. Choose crisp peppers with glossy skin, and store them in the refrigerator.

Serves 6 people

1 yellow bell pepper, julienne-sliced

1 red bell pepper, julienne-sliced

1 green bell pepper, julienne-sliced

½ pound mushrooms, sliced

2 tablespoons butter

½ pound asparagus spears

2 teaspoons basil

- In a skillet over medium high heat, sauté yellow, red, green bell peppers, and mushrooms in butter until tender-crisp.
- Blanch asparagus spears in boiling water.
- Add to the bell pepper mixture with basil.
- Toss gently.

# Braised Red Cabbage With Apples

1 tbsp sunflower oil  
1 onion, chopped  
1 lb red cabbage, shredded  
8 oz. Granny Smith apples, peeled, cored, and diced  
1" piece fresh ginger root, peeled and grated  
Pinch of ground cinnamon  
¼ pint vegetable stock  
salt and freshly ground black pepper

- Heat oil in large saucepan.
- Add onion, red cabbage, and apple and cook gently for 5 minutes.
- Add ginger, cinnamon, and vegetable stock.
- Bring to a boil, then reduce heat and simmer gently for 15-20 minutes until most of the liquid has evaporated and the vegetables are tender.
- Season to taste and serve.
- Make 4 servings.

## Cancer Fighting Food Crucifers

Crucifers are a group of vegetables that has demonstrated significant anti-cancer effects. Named after their four-petal flowers which resemble crosses, crucifers include vegetables like broccoli, cabbage, cauliflower, watercress, mustard greens, and others. Abundant in sulforaphane, a molecule known for inhibiting cancer growth in hereditary cancers, the crucifers are powerful chemopreventative vegetables that can help our body prevent, stop or reverse the development of cancer.



# Cranberry Sauce With Apples And Grapes



## Healthy Living Tips

Green, black, and oolong tea are excellent sources of polyphenols—plant chemicals (phytochemicals) with powerful antioxidant properties.

Antioxidants help protect the body against disease by counteracting the harmful effects of free radicals—stray, highly reactive particles that accumulate in the body as byproducts of normal metabolism. Free radicals injure surrounding cells in a process called oxidation. Left unchecked, they can damage DNA, potentially causing cancer. Antioxidants, such as vitamins C and E and beta-carotene, are free radical scavengers.

1 bag of cranberries  
sugar or honey  
seedless green grapes, chopped  
2 green apples, unpeeled and chopped  
crystallized ginger, chopped  
walnuts, chopped  
1 cup of orange juice  
pinch of powdered ginger

- Cook cranberries, orange juice and sweeten to taste with honey or sugar.
- Add a little powdered ginger.
- Let cool.
- Add chopped walnuts and crystallized ginger.
- When ready to serve add the chopped apples and grapes.
- Delicious served with chicken, turkey or pork.

# Grilled Tomato Melts

3 large tomatoes (8 oz each)

1 ½ cups Monterey Jack Cheese, shredded

1 small green, yellow, purple, or red sweet pepper,  
finely chopped (about ½ cup)

¼ cup toasted sliced almonds

- Preheat oven to 350 degrees.
- Cut each tomato into 4 slices, about ½ inch thick.
- For each serving, arrange 3 tomato slices, overlapping slightly, in foil-lined 15x10x1-inch baking pan.
- Sprinkle with shredded cheese, finely chopped pepper, and toasted almonds.
- Bake about 15 minutes or until cheese is bubbly.
- Makes 4 appetizer servings.

## Healthy Living Tips

How can you reduce your fat and still enjoy eating?

- ◆ Eat more fruits, vegetables, grains, and legumes (navy beans, green peas)
- ◆ Choose beans and fish rather than red meat.
- ◆ Look for leaner meats and remove skin from poultry.
- ◆ Compare labels. Choose foods with the lowest amounts of saturated and total fat.
- ◆ Try healthier cooking methods—broiling, grilling, roasting or baking instead of frying and sautéing.
- ◆ Choose low-fat dairy products.



# Herb-Grilled Tomatoes



## Cancer Fighting Food Tomato

Do you know that cooked tomato products such as pasta sauce, tomato paste, ketchup, and salsa have powerful anti-cancer properties?

A nutrient known as lycopene found in cooked tomato and certain other fruits and vegetables is a powerful anti-oxidant that helps to reduce the risk of skin cancer and may help reduce the risk of certain other types of cancer.

- 4 small tomatoes
- 3 tbsp dairy sour cream or plain yogurt
- 1 tbsp snipped fresh basil or 1 tsp dried basil, crushed
- 1 tbsp fine dry bread crumbs
- 1 tbsp finely shredded or grated Parmesan cheese
- 4-5 sprigs fresh basil (optional)

- Remove cores from tomatoes and cut tomatoes in half crosswise.
- Spread cut side of each tomato with sour cream or yogurt.
- Sprinkle each with basil.
- Sprinkle bread crumbs and Parmesan cheese on tomatoes.
- Arrange tomato halves in a foil pie pan.
- Arrange preheated coals around a drip pan in a covered grill.
- Test for medium heat above the pan.
- Place the foil pan containing tomatoes on grill over drip pan.
- Cover and grill for 10 to 15 minutes or until tomatoes are heated through.
- Garnish with fresh basil, if desired.
- Makes 4 servings.

# Hot Artichoke Dip

1/3 cup sliced green onions  
2 tsp margarine  
1 14-ounce can artichoke hearts, drained & coarsely chopped  
1 cup grated Parmesan cheese  
1 7-ounce jar roasted red sweet peppers, drained and chopped  
1 cup mayonnaise  
1/8 tsp ground black pepper  
2 tbsp grated Parmesan cheese  
1 tbsp snipped fresh parsley

- In a skillet cook green onions in hot margarine until tender.
- Remove from heat.
- Stir in artichoke hearts, 1 cup Parmesan cheese, red peppers, mayonnaise, and black pepper.
- Transfer to 9-inch pie plate, spreading evenly.
- Sprinkle with 2 tbsp Parmesan cheese and parsley.
- Bake, uncovered, in 350 degree oven about 20 minutes or until heated through.
- Serve with assorted vegetable dippers, flat breads, and crackers.

## Cancer Fighting Food Artichokes

Artichokes are a bud of a beautiful violet-blue flower. Although it is spectacular when it blooms, the bud is also a powerful cancer-fighting vegetable. Artichokes are rich in silymarin, a flavonoid that has powerful antioxidant activity which research has shown can significantly decrease incidences of bladder cancers and prevented precancerous growths.



## Mediterranean Style Vegetables



### Healthy Living Tips

The act of consuming at least five daily servings of fruits and vegetables can reduce the risk of cancer by 20 percent. What constitutes a serving?

A fruit serving equals 1 medium apple, orange or peach; 1 small banana; 2 medium plums or tangerines; 1/3 cantaloupe; 15 small grapes or cherries; 8 large strawberries; 1/4 cup dried fruit; or 1/2 cup diced raw, cooked or canned fruit.

A vegetable serving equals 1 cup of raw leafy green vegetables; 1/2 cup of other vegetables, such as peppers, carrots, cauliflower or green beans, raw or cooked; 3/4 cup vegetables juice; 1 medium tomato; 1 medium potato, or 5-6 asparagus spears.

- 2 cups sliced zucchini
- 2 cups sliced red, yellow, or green sweet peppers
- 2 cups broccoli flowerets
- 1/4 cup reduced-sodium chicken broth
- 2 garlic cloves, minced
- 1 tbsp snipped fresh basil or oregano or 1 tsp dried basil or oregano, crushed
- 1/4 tsp pepper
- 3 medium tomatoes, chopped

- In a Dutch oven or large kettle combine zucchini, sweet peppers, broccoli, chicken broth, garlic, basil or oregano, and pepper.
- Bring to boiling; reduce heat.
- Simmer, covered, for 6 to 8 minutes or until crisp tender, stirring occasionally.
- Stir in tomatoes.
- Make 6 to 8 side-dish servings.

# Roasted Root Vegetables

4 carrots, unpeeled and cut into 3/4-inch pieces  
3 beets, peeled and cut into 1-inch cubes  
2-3 rutabagas, scrubbed and cut into 1-inch cubes  
4-6 red potatoes, scrubbed and cut into 1-inch cubes  
1/2 small butternut squash, peeled and cut into 1-inch cubes  
1 onion, peeled and cut into eights  
1 head garlic, cloves separated and peeled  
3 tablespoons extra-virgin olive oil  
1 tablespoon balsamic vinegar  
2 teaspoons salt  
1 tablespoon chopped fresh rosemary, sage or oregano

- Heat oven to 450 degrees, in a large bowl, toss all vegetables with other ingredients.
- Spread the vegetables in a single layer in a baking pan.
- Roast about 50 minutes shaking the pan once or twice.
- The vegetables are done when they turn a toasty caramel color and are fork tender.
- Serve hot or at room temperature.

## Healthy Living Tips

For this dish you can really be your own chef as far as vegetable selection, but a simple combination could include eggplant, yellow squash, zucchini and bell peppers. This grouping pulls together flavor and packs a healthy punch. Eggplant and bell peppers contain rich levels of antioxidants and are good sources of dietary fiber and manganese. Likewise, yellow squash and zucchini add vitamins and minerals such as vitamins A, C and K, folate, potassium and they are low calorie, fat-free options. Seasoning these vegetables with herbs and spices will meld the flavors together.



# Spiced Cabbage & Apple Slaw



## Healthy Living Tips

No ifs, ands, or buts about it—fruits and vegetables protect against cancer! In addition to acting as antioxidants and detoxifiers, fruits and vegetables have other anticancer functions as well. They can repair damaged cells, inhibit tumor formation, decrease runaway cell division, and increase immune activity.

For maximum cancer protection, choose your daily fruits and vegetables from a variety of colors and textures (for instance, berries, leafy green vegetables, citrus fruits and tomato-based sauces). Different colors and textures mean different phytochemicals.

- 2 cups shredded cabbage
- 1 cup chopped apple
- ½ cup chopped celery
- 2 tablespoons chopped walnuts
- 2 tablespoons raisins ½ cup nonfat yogurt
- 2 tablespoons unsweetened apple juice
- 1 tablespoon honey
- ½ teaspoon ground cinnamon

- Combine cabbage, apple, celery, walnuts and raisins and toss.
- Combine yogurt, apple juice, honey and cinnamon in bowl and stir.
- Pour yogurt mixture over cabbage mixture and toss well.
- Cover and chill 30 minutes.

# Steamed Asparagus

Top this dish with your favorite garnish! When preparing, estimate about 8-10 asparagus spears per person.

- Fresh or frozen asparagus can be used.
- Steam asparagus spears until cooked to your taste.
- Try not to overcook; a few minutes should be sufficient, depending on the thickness of the stems.
- Rinse with cold water for a few seconds to stop the cooking process.
- Serve on a platter with a garnish of your choice.
- Suggested garnishes: melted butter, parmesan cheese, olive oil, lemon juice, crumbled feta or blue cheese, chopped pecans or red onions.
- You do not need to do much to this marvelous vegetable. It is delicious served either hot or cold.

## Cancer Fighting Food Asparagus

Asparagus is a rich source of cancer-fighting vitamins, minerals, and phytochemicals. It protects our immune systems and it may help protect against colon, kidney, and cervical cancer.

Just ½ cup cooked asparagus contains about 25 percent of the RDA for folic acid and over 80 percent of the RDA for vitamin C. It also contains potassium, beta-carotene and fiber, all of which offer anticancer benefits.



## Watermelon Fire & Ice Salsa



### Healthy Living Tips

Watermelon, picnics and outdoor activities are summer traditions. But as you enjoy the hot weather, it is extremely important to drink plenty of fluids. Adequate fluid intake provides a myriad of health benefits, including cancer prevention. A recent 10-year study of 50,000 men found that those who drank the most water and other liquids every day had about half the risk of bladder cancer compared with those who drank the least.

A minimum of eight (8-ounce) glasses of fluids a day is recommended. Many beverages and some foods contribute to your daily total, not just water. Avoid caffeinated and alcoholic beverages.

Juicy watermelon replaces tomatoes in this salsa that's simultaneously cool and spicy hot – perfect for a summer barbeque.

Serve it with tortilla chips, or use it as a topping for grilled chicken or fish.

- 3 cups chopped watermelon
- ½ cup chopped green bell pepper
- 2 tbsp lime juice
- 2 tbsp chopped fresh cilantro
- 1 tbsp chopped green onion
- 1 tbsp chopped jalapeno pepper
- ½ tsp garlic salt

- In a large bowl, combine the watermelon, green bell pepper, lime juice, cilantro, green onions, jalapeno pepper and garlic salt.
- Mix well and serve.
- Make 4 cups(32 servings)

# Winter Coleslaw

Serves 6 people

3 cups green cabbage, shredded

¾ cup carrots, grated

½ cup apple, diced

2 tablespoons red pepper, diced

3 tablespoons red onion, diced

balsamic vinaigrette, to taste

- Mix all ingredients in a large bowl.
- Balsamic vinaigrette complements the sweetness of apples and peppers.

## Cancer Fighting Food Crucifers

Crucifers are powerhouses of phytochemicals, particularly glucosinolates. These phytochemicals help stave off cancer by stimulating protective enzymes. Some of these enzymes block carcinogens from entering cells; others suppress tumor growth.

In addition to cabbage, crucifers include broccoli, cauliflower, collards, kale, Brussels sprouts, bok choy, mustard greens, radishes, rutabaga, turnips, and watercress.



# ENTRÉES



The entrée is usually the heaviest, heartiest, and most complex or substantive dish on a menu. The main ingredient is usually meat or fish; in vegetarian meals, the entrée sometimes attempts to mimic a meat course.

In formal dining, a well-planned entrée can function as a sort of gastronomic apex or climax. In this type of menu, the preceding courses are designed to prepare for and lead up to the entrée in such a way that the entrée is anticipated and, when the scheme is successful, increased in its ability to satisfy and delight the diner. The courses following the entrée then calm the palate and the stomach, acting as a sort of denouement or anticlimax.

BROILED CITRUS SALMON .....	42
CITRUS ORANGE ROUGHY .....	43
GLAZED CHICKEN AND GRAPES .....	44
GRILLED EGGPLANT & SWEET PEPPER SANDWICHES .....	45
GRILLED HERBED VEGETABLES .....	46
GRILLED ROSEMARY-LEMON CHICKEN BREASTS .....	47
PAELLA .....	48
RED SNAPPER CASSEROLE .....	49
TURKEY TETRAZZINI .....	50
VEGAN RISOTTO .....	51

# Broiled Citrus Salmon



## Cancer Fighting Food Citrus Fruits

Using citrus fruits is a wonderful way to add zest—and cancer-fighting nutrients—to your meals during the winter months, when citrus fruits are in season.

Oranges offer potent anti-cancer benefits. One medium-sized orange provides more than half the Dietary Reference Intake (DRI) of the antioxidant vitamin C, in addition to folic acid, potassium and fiber.

Serves 4 people

1 fresh orange, squeezed

4 salmon filets or steaks (5 ounces each)

2 tablespoons olive oil

2 teaspoons molasses

1 tablespoon lime juice

1 tablespoon lemon juice

1 pinch salt

1 pinch pepper

- Preheat broiler.
- In a small bowl, mix olive oil, molasses, lime juice, lemon juice, salt, and pepper.
- Place salmon on a broiling pan.
- Brush liberally with marinade.
- Broil until crisp on the outside and flakes to the fork (about 7-10 minutes per inch of thickness).
- Remove from broiler and sprinkle immediately with orange juice.

## Citrus Orange Roughy

6 ounces fresh or frozen orange roughy filet

¼ tsp finely shredded orange peel

¼ cup orange juice

1 tbsp water

1 tbsp lemon juice

1 tbsp margarine, melted

½ tsp sugar

1/8 tsp ground ginger

Dash salt

½ tsp cornstarch

Citrus curls

Sliced almonds

Thaw fish, if frozen.

- In small bowl combine orange peel, orange juice, water, lemon juice, margarine, sugar, ginger, and salt.
- Place fish on the unheated, lightly greased rack of broiler pan.
- Brush fish with some of orange mixture.
- Broil 4 inches from heat until fish flakes easily when tested with fork (allow 5 minutes for each ½” of thickness).
- Remove from oven, keep warm.
- In small saucepan combine remaining orange mixture and cornstarch.
- Cook and stir until thickened and bubbly; cook and stir for 2 minutes more.
- Place fish on plate, spoon over orange sauce.
- Garnish with citrus curls and sliced almonds
- Makes 1 serving.



# Glazed Chicken & Grapes



## Cancer Fighting Food Red Grapes

Red grapes may inhibit blood vessel growth. When a cell becomes damaged and begins to divide rapidly, it can soon form a tumor. One approach to blocking this process is to prevent the tumor from forming new vessels that will provide it with an essential blood supply, a process called angiogenesis. Grapes are rich in an antioxidant called resveratrol, which may inhibit blood vessel growth. Grapes also contain a high concentration of the phytochemical caffeic acid, which research has also shown to have anti-cancer properties.

2 large boneless, skinless chicken breast halves

1 tbsp margarine

½ cup seedless grapes

¼ cup apple

1 tbsp dry sherry or dry white wine

1 tsp lemon juice

1/8 tsp salt

1 tbsp snapped parsley

- Rinse chicken and pat dry.
- In medium skillet cook chicken in hot margarine over medium heat 8-10 minutes or until tender and no pink remains, turning once.
- Transfer chicken to individual plates, reserving drippings in skillet.
- Cover chicken to keep warm.
- Cut the grapes in half and set aside.
- For glaze, add apple, dry sherry/wine, lemon juice, and salt to the skillet, mix well.
- Stir in grapes and parsley.
- Heat through.
- Spoon glaze over chicken.
- Makes 2 servings.

# Grilled Eggplant & Sweet Pepper Sandwiches

2 medium green, red, and/or yellow sweet peppers  
1 medium eggplant (about 12 ounces), cut into 12 slices

1 tbsp olive oil

8 1/2-inch-thick slices French bread

4 ounces soft goat cheese

1/4 cup Dijon-style mustard

- Quarter sweet peppers lengthwise; remove and discard the stems, seeds, and membranes.
- Brush eggplant slices with oil.
- Grill eggplant slices and sweet pepper quarters on the rack of an uncovered grill directly over medium-hot coals for 4 minutes.
- Turn and grill 3-5 minutes more or until eggplant is tender and sweet peppers are slightly charred.
- Remove vegetables from grill; set aside.
- Spread 1 side of each French bread slice with goat cheese and mustard.
- Layer 3 eggplant slices and 2 sweet pepper quarters on 4 of the bread slices.
- Top with remaining bread slices.
- Serve warm.
- Makes 4 servings.

## Tips to Walk Your Way to Wellness

- ◆ Always consult your physician before beginning any exercise program.
- ◆ Good walking shoes are essential. They cushion your feet and absorb shock.
- ◆ Dress for weather. Layers work well when it's cooler. As you warm up, you can remove the outer layers.
- ◆ Wear a light backpack so you have somewhere to put those layers!
- ◆ Bring a water bottle for your walk.
- ◆ Stretch for at least five minutes before and after a workout.



## Grilled Herbed Vegetables



### Cancer Fighting Food Fiber

Research has shown that adequate fiber intake may lower colon and prostate cancer risks. Additionally, high fiber intake is also associated with lowering risks for heart diseases and type II diabetes. What's more, couple with drinking recommended amount of water, fiber can help promote the health of the digestive system.

Minimum recommended amount dietary fiber for adults is 20-35 grams per day. For children over age 2, the recommended intake is the child's age + 5 grams. The best sources are fresh fruits and vegetables, nuts and legumes, and whole-grain foods.

1 tbsp olive oil  
1 clove garlic, minced  
1 tsp dried basil, crushed\*  
¼ tsp salt  
4 cups mixed vegetables\*\*  
Pepper

- In medium bowl combine olive oil, garlic, basil, and salt.
- Add vegetables, tossing to coat.
- Spoon vegetable mixture onto a 24x12-inch piece of heavy foil.
- Bring opposite edges of foil together, seal tightly with a double fold.
- Fold in remaining ends to complete enclose vegetables, leaving a little space for steam to build.
- Grill vegetable packet on grill rack directly over medium-hot coals about 10 minutes, turn packet over and grill another 10 minutes, or until vegetables are tender.
- Season to taste with pepper.
- Makes 4 side-dish servings.

\*Or 2 tbsp snipped fresh basil

\*\*Eggplant chunks; halved small yellow squash, zucchini, or pattypan squash; green beans; red onion wedges; sliced yellow, red, or green sweet pepper

# Grilled Rosemary-Lemon Chicken Breasts

¼ c. fresh rosemary leaves or 2 tsp. dried

1 tsp. coarsely ground black pepper

Grated zest from 1 lemon

2 tbsp. lemon juice

3 tbsp. olive oil

8 chicken breast halves, bone in, skin on

- In a large glass baking dish, combine the rosemary, black pepper, lemon zest, lemon juice, and olive oil.
- Add chicken and toss each piece to coat well.
- Marinate at least 1 hour or up to 4 hours refrigerated, turning occasionally.
- Light a charcoal grill and when the coals are medium-hot, pat each chicken piece dry and place it on the grill, skin side down.
- Grill covered for 25 to 30 minutes, or until the skin is golden and the meat firm.
- Turn pieces over halfway through the cooking.
- Place each breast on a cutting board, remove and discard the skin and remove the meat in 1 piece from the bone.
- Slice into serving pieces if desired.
- Serves 8.

## Quit Smoking Today

The various deleterious health effects of smoking include increasing the incidents of cancers of different organs such as the lung, throat, mouth, larynx, esophagus, kidney, stomach, bladder, pancreas, and cervix as well as heart attacks, strokes, ulcers, and infertility.

Many believe that they can quit anytime, and upon quitting smoking, the adverse effects caused by smoking can be reversed. This may be true to some, but the fact is, the earlier one starts to smoke, the more irreversible the negative health impacts become, and the more difficult for that individual to quit smoking.



# Paella

3 lb. uncooked chicken

Onion powder

Garlic powder

1 c. chopped onion

1 clove garlic, minced

½ lb. sliced mushrooms 1 (14.5 oz.) can tomatoes (unsalted)

½ c. white wine

16 clams (optional)

4 c. Chicken Stock (page 8)

2 lb. fish filets of your choice

2 c. uncooked rice

1 c. peas

1 (14 oz.) can artichoke hearts

¼ tsp. paprika

¼ tsp. tarragon

- Remove skin from chicken and cut into serving pieces.
- Season with onion and garlic powders.
- Broil chicken until golden brown on each side.
- In large pot, sauté onions, garlic, and mushrooms in ½ cup water until soft.
- Add chicken broth and bring to a boil.
- Add seafood and chicken.
- Cover; lower heat and simmer for 5 minutes Add remaining ingredients.
- Mix thoroughly and place in paella dish or leave in pot.
- Bake, covered, in a 350 degree oven for 1 ½ hours or until liquid has been absorbed. If using clams, serve on top.
- Serves 8.

# Red Snapper Casserole

- 1 lb red snapper
- 1 c. rice (not instant)
- 1 c. frozen or fresh peas
- ¼ lb. mushrooms
- 1 small onion
- 1 clove garlic
- 1 bay leaf
- ½ tsp. pepper
- ½ tsp. nutmeg

- Broil fish 5 minutes on each side in shallow pan.
- Set aside.
- Add bay leaf and ¼ teaspoon pepper to 2 ½ cups water.
- Bring to boil.
- Stir in rice.
- Cover tightly and simmer 20 minutes.
- Remove from heat.
- Let stand, covered, until all water is absorbed, about 5 minutes.
- Wash mushrooms and slice, using stems.
- Dice onion and garlic.
- Add to ¼ cup water.
- Bring to a boil.
- Flake fish; add to rice.
- Add mushroom mixture to rice.
- Put in an oven casserole dish.
- Stir in nutmeg and ¼ teaspoon pepper.
- Cover and bake in a 350 degree oven for 30 minutes.
- Serves 4.

## **Omega-3** — A Cancer Inhibitor

Research has shown that omega-3 fatty acids found in seafood, such as red snapper and tuna, may help reduce your risk of developing certain types of cancer. The results suggest that a diet rich in omega-3 can decrease the incidences of colorectal, skin, and lung cancer. Clinical trials are ongoing with omega-3 fatty acids for treatment and prevention of various types of cancer.



## Turkey Tetrazzini

1 (14 to 15 oz.) box macaroni and cheese (With powdered cheese-sauce packet)

1 tbsp. acceptable vegetables oil

1 c. coarsely chopped onion

½ c. chopped green bell pepper

2 cloves garlic, finely minced

8 oz. fresh mushrooms, sliced

Vegetable oil spray

12 oz. cooked breast of turkey, cubed (about 2 cups)

1 ½ c. skim milk

2 tbsp. dry sherry

- Preheat oven to 350 degrees.
- Cook macaroni according to package directions, omitting salt.
- White macaroni is cooking, heat oil in a large skillet.
- Sauce onion, green pepper and garlic over medium-high heat 2 to 3 minutes, or until soft.
- Add mushrooms and cook 2 more minutes, or until soft.
- Spray a 3-quart casserole with vegetables oil spray, if desired.
- Drain the macaroni and combine with cheese packet, sautéed vegetables, turkey, milk and sherry.
- Pour into prepared casserole dish.
- Cover and bake 35 to 40 minute, or until most the liquid is absorbed.
- Remove from oven; cover and allow casserole to sit for about 5 minutes.
- Serves 8

# Vegan Risotto

Serves 4 people

4 cups vegetable stock

1 small or medium onion, chopped

3 cloves garlic

4 tbsp. olive oil

1 cup Arborio rice, unrinsed

3 tsp. white wine

- Lightly steamed vegetables of your choice (asparagus and tomatoes or root vegetables such as parsnips, carrots, and rutabaga)
- Heat vegetable stock.
- While stock is heating, cook onion, garlic, and oil on medium-low about 5 minutes.
- Add the rice, making sure it is well-coated in the oil.
- Add the white wine and cook, stirring, until the mixture thickens.
- Add hot stock about ½-1 cup at a time, stirring continuously and allowing to thicken between each additional amount.
- After about 2- minutes, all of the stock will be in and the rice should be soft, but not mushy.
- Add the vegetables, season with salt and pepper, and cook for another 5-10 minutes.
- Serve hot with fresh, whole grain bread and a salad.

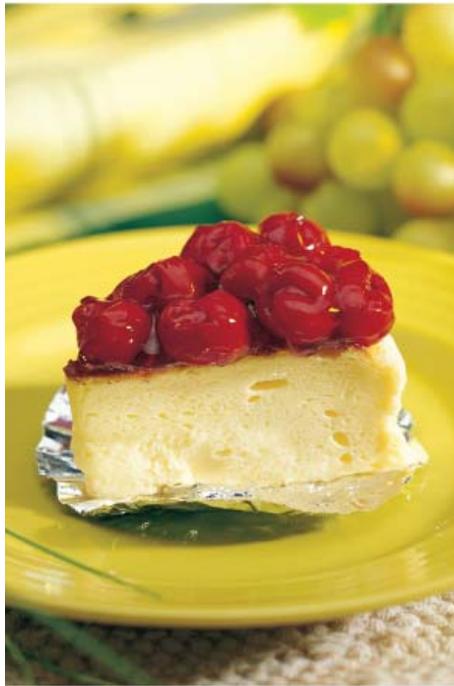
## Healthy Living Tips

Resolve to eat more fruits, vegetables, and grains. The simple act of consuming five or more servings of fruits and vegetables a day can reduce cancer risk by 20%, according to researchers. And by exercising, controlling your weight, and avoiding tobacco, you can reduce your risk by up to 70%.

For the freshest, tastiest, and most nutrient-dense produce, buy in season whenever possible.



# DESSERTS



Dessert is a course that typically comes at the end of a meal, usually consisting of sweet food but sometimes of a strongly-flavored one, such as some cheeses. The word comes from the Old French *desservir*, “to clear the table.”

Although the custom of eating fruits and nuts after a meal may be very old, dessert as a standard part of a Western meal is a relatively recent development. Some have a separate final sweet course but mix sweet and savory dishes throughout the meal as in Chinese cuisine, or reserve elaborate dessert concoctions for special occasions. Often, the dessert is seen as a separate meal or snack rather than a course, and may be eaten apart from the meal.

APPLE COBBLER .....	54
APPLE-RAISIN MUFFINS .....	55
APPLES STUFFED WITH AUTUMN COUSCOUS .....	56
BAKED CRANBERRY SQUASH .....	57
BAKED PEACHES AND CHERRIES .....	58
BERRY PARFAIT .....	59
CRANBERRY CHUTNEY .....	60
DARK CHOCOLATE DIPPED STRAWBERRIES .....	61
HARVEST APPLES .....	62
HEAVENLY BAKED RED PEARS .....	63
LITE & EASY CRUSTLESS PUMPKIN PIE .....	64
LOW-FAT PINEAPPLE UPSIDE-DOWN CAKE .....	65
MARINATED STRAWBERRIES .....	66
ORANGE YOGURT .....	67
PEACHES & BLUEBERRY CRISP .....	68
PEACH SHERBET .....	69
PEAR AND STRAWBERRY TRIFLE .....	70
PUMPKIN PANCAKES .....	71
SUMMERBERRY COOLER .....	72
WINTER CRISP .....	73

# Apple Cobbler



When you make a gift to NCFR you make it possible for us to reach and inform 25 million households each year on the importance of eating a diet high in fruits and vegetables.

While we educate people on how to help prevent and detect cancer, the majority of your gift is put directly toward cancer research which is the only way we will one day put an end to the suffering cancer causes to so many.

So, to educate yourself and those you love, please visit our web site at [www.NCFR.org](http://www.NCFR.org) today for the latest information on detection and prevention.

3 lbs apples. Cut into slices

½ cup all purpose flour

3 tbsp lemon juice

¼ tsp salt necessary

1-¾ cups sugar

1 tsp cinnamon

1 lb refrigerated biscuit dough, separated, each rolled into a tube shape

Preheat oven to 450° F

- Combine apples, flour, lemon juice and salt in a bowl.
- Add 1- ½ cups sugar and ½ tsp cinnamon and mix well.
- Spoon apple mixture into a 9x13 baking dish.
- Cover tightly with foil and bake 25 minutes until apple mixture is hot and bubbly.
- Cut each dough tube into quarters.
- Mix remaining sugar and cinnamon in a bowl.
- Add dough pieces and toss to coat.
- Remove baking dish from oven and discard foil.
- Arrange dough in a single layer over hot apples.
- Sprinkle any remaining sugar over dough.
- Bake, uncovered, another 10-15 minutes, or until top is golden.
- Cool slightly before serving.

# Apple-Raisin Muffins

1-1/2 cups finely chopped, peeled apple

2/3 cup raisins

2-1/3 cups all purpose flour

1 cup sugar

1 tablespoon baking powder

2 teaspoons ground cinnamon

1 teaspoon baking soda

1/2 teaspoon salt

1 cup low-fat buttermilk

1/3 cup 2% low-fat milk

1/3 cup light ricotta cheese

3 tablespoons vegetable oil

1 tablespoon vanilla extract

2 large egg whites

1 large egg

- Preheat oven to 400 degrees.
- Combine dry ingredients in a bowl.
- Stir in apple and raisins, and make a well in center of mixture.
- Combine buttermilk, low-fat milk, ricotta cheese, vegetable oil, vanilla, egg whites, and egg; stir well with a whisk.
- Add to dry ingredients, stirring just until moist.
- Spoon batter into muffin cups.
- Bake for approximately 18 minutes.
- Cool on wire rack.
- Makes about 18 muffins.

## Seeing Red to Prevent Cancer

Studies show that red wine contains more antioxidants which are found in the skin and seeds of grapes. White wine requires removal of the skins after the grapes are crushed which diminishes the concentration of antioxidants.

Certain antioxidants may inhibit tumor development in some cancers and act as nerve cell aides for neurologic diseases such as Alzheimer's and Parkinson's. Antioxidants also play a role improving heart health.



## Apples Stuffed with Autumn Couscous

4 medium cooking apples, halved and cored

$\frac{3}{4}$  cup water

1 tbsp margarine

$\frac{1}{2}$  cup quick-cooking couscous

$\frac{1}{4}$  cup raisins

1 tbsp chopped pecans

1 tsp ground cinnamon

$\frac{1}{8}$  tsp ground nutmeg

2 tbsp honey

2 tbsp water

Dash ground cloves



- Preheat oven to 350 degrees.
- Hollow out apple halves leaving 1/2-inch shell and reserve  $\frac{1}{2}$  cup pulp.
- Arrange apple halves, cut side down, in 2-quart rectangular baking dish.
- Bake, covered, 10 minutes.
- Chop reserved pulp.
- Bring  $\frac{3}{4}$  cup water and margarine to boiling.
- Stir in couscous, raisins, pecans, cinnamon, nutmeg, and chopped apple.
- Remove from heat, cover, let stand 5 minutes.
- In small saucepan combine honey, 2 tbsp water, and cloves, boil gently for 1 minute, set aside.
- Fluff couscous mixture with fork.
- Fill apple halves with couscous mixture.
- Drizzle with half of honey mixture.
- Cover loosely with foil, bake 15 minutes or until apples are tender.
- Uncover, drizzle with remaining honey mixture before serving.
- Makes 8 servings.

# Baked Cranberry Squash

Serves 4 people

2 large acorn squash, split lengthwise and seeded

1 cup chopped pear

½ cup raw cranberries (fresh or frozen)

3 tablespoons undiluted orange juice concentrate

3 tablespoons honey or maple syrup

1 ½ teaspoons ground cinnamon

½ teaspoon ground allspice

- Preheat oven to 400 degrees.
- Place squash cut side up on foil-lined baking sheet.
- In a large bowl, combine pear, cranberries, orange juice concentrate, honey or syrup, cinnamon, and allspice.
- Spoon mixture into squash cavities.
- Use any extra liquid to brush cut edges of squash.
- Bake 45 minutes to 1 hour, or until squash is hot.

## Cancer Fighting Food Pumpkins

Pumpkins are more than just good for carving, they are rich in vitamin A and beta-carotene, two nutrients that work together to help stop cancer before it starts. In fact, research clearly shows that a diet high in vitamin A and beta-carotene lowers the risk of certain types of cancer including cancers of the lung, breast, cervix, uterus, esophagus, stomach, colon and mouth.

Pumpkins, sweet potatoes and acorn squash are all rich in vitamin A and beta-carotene, two nutrients that work together to help stop cancer before it starts.



## Baked Peaches & Cherries



By enabling our scientists to share discoveries and research progress, by providing this “Laboratory Without Walls”, NFCR unites the best minds and the most forward-looking research in the fight against cancer, and opens a way for better prevention strategies, earlier diagnostic techniques, and new anticancer drugs and treatments.

Making a donation today will help NCFR continue to support Research for a Cure and fund innovative cancer research that saves lives.  
[www.NFCR.org](http://www.NFCR.org)

1 basket pitted cherries  
1 to 2 cups peaches, sliced  
1/8 cup quick-cooking tapioca  
1/3 cup sugar  
1 teaspoon fresh lemon juice  
1 teaspoon grated lemon peel  
1.8 teaspoon ground cardamom(optional)  
2/3 cup pecan or walnut halves

- Position rack in the middle of oven.
- Preheat oven to 400 degrees.
- In large bowl, combine cherries, peaches(plus juices), tapioca, sugar, lemon juice, lemon peel and cardamom(if using).
- Transfer to 2-quart baking dish.
- Sprinkle pecans or walnuts on top.
- Set pan on foil-lined baking sheet.
- Bake until fruit is tender and juice are thick and bubbly, 35 or 45 minutes.
- If nuts begin to burn before fruit is done, cover dish loosely with aluminum foil.
- Set crisp on wire rack and let cool at least 10 minutes before serving.

# Berry Parfait

Serves 4 people

1 cup sliced, fresh strawberries  
2 cups (1 pint) fresh blueberries  
2-4 teaspoons sugar  
2 cups low fat vanilla  
frozen yogurt

- Sprinkle 1-2 teaspoons sugar, as desired, over sliced strawberries in a bowl.
- Let sit at room temperature until the sugar dissolves (about 1 hour).
- In a saucepan, mash blueberries lightly with a fork.
- Mix in 1-2 teaspoons sugar, as desired.
- Let sit 5 minutes, then bring the mixture to a boil over medium heat.
- Simmer for 3 minutes.
- Transfer blueberry sauce to a bowl, and let cool completely.
- To create the parfaits, use narrow, fluted glasses.
- In each, first place 1 tablespoon blueberry sauce, then ½ cup frozen yogurt.
- Top with 1 tablespoon sweetened strawberries.

## Cancer Fighting Food Berries

Berries are more than just tasty, low-calorie treats; they pack a powerful nutritional punch. They are high in fibre and potassium, which is important for proper cell functioning, and they contain many cancer-fighting phytochemicals. Phytochemicals are strong antioxidants and appear to function as tumor suppressors and anti-inflammatory agents.

Recently, scientists developed a method for measuring just how much antioxidant activity phytochemicals provide after different foods have been consumed. Blueberries, strawberries, and raspberries rank high in the list. Eat up for a healthier, longer life!



# Cranberry Chutney



## Keys to a Good Doctor-Patient Relationship

- ◆ Be honest about your health history. A doctor will need details of your health information to reach an accurate diagnosis.
- ◆ Ask Questions, Speak Up. Doctors frequently use clinical terms, which can be hard to interpret. They often assume their patients understand them if no questions are asked or no clarification is requested.
- ◆ If you continually experience difficulty in your doctor-patient relationship, or if you feel uneasy about the diagnosis or treatment in any way, you have every right to obtain a second opinion, even a third opinion.

- 1 (12-ounce) bag fresh cranberries
- 1 cup chopped Granny Smith apple
- 1 cup raisins
- 1 cup chopped onion
- 1 cup sugar
- 1 cup white vinegar
- $\frac{3}{4}$  cup chopped celery
- $\frac{3}{4}$  cup water
- 2 teaspoons ground cinnamon
- 1-1/2 teaspoons ground ginger
- $\frac{1}{4}$  teaspoon ground cloves

- Combine all ingredients in a large saucepan.
- Bring to a boil.
- Reduce heat and simmer, uncovered, 30 minutes or until slightly thick, stirring occasionally.
- Refrigerate to allow to gel.
- Yields 4 cups.

# Dark Chocolate Dipped Strawberries

1 lb of medium-sized whole strawberries

4 ounces of dark chocolate

- Microwave chocolate in a glass bowl, stopping after 30 seconds, then every 10 seconds until almost melted.
- Stir until smooth and glossy.
- Wash strawberries and pat them dry (any moisture from the fruit will spoil the texture of the melted chocolate).
- Dip each strawberry into the melted chocolate, covering the lower half of the strawberry.
- Place on a baking sheet lined with wax paper.
- Refrigerate for at least 1 hour.

## Dark Chocolate— Beneficial Indulgence

Dark chocolate and other cocoa products contain high levels of antioxidants, such as flavonoid compounds. These micronutrients have been shown to modulate the activities of immune system, decrease cardiovascular diseases by reducing blood clot formation, and prolong the lifespan of other antioxidants, allowing them to have the maximum cell protection effects. Research has also shown that cocoa flavonoids protect skin cells from sun damage by UV rays, a precursor to aging and skin cancer, and provide hydration to the skin.

While dark chocolate is considered healthy food, one must remember that moderation is the key.



# Harvest Apples

1/4 cup seedless raisins

1/4 cup coarsely chopped walnuts

1/4 cup brown sugar

1/4 tsp ground cinnamon (optional)

dash nutmeg (optional)

4 firm, tart apples (such as Granny Smith)

Preheat oven to 350°F

- In a small bowl, mix raisins, walnuts, brown sugar, cinnamon and nutmeg together.
- Wash and core apples using an apple corer or a small knife.
- In a baking dish, arrange apples with the tops up.
- Fill each apple with one-fourth of the raisin mixture.
- Pour water into baking dish to the depth of 1/2".
- Bake for 30 to 40 minutes.
- Baste the apples once or twice with the cooking liquid.
- The apples are done when they still hold their shape and yield to a knife when pierced.
- Serve the apples when they are cooled slightly.
- To warm in the microwave: Place the apple in a microwave-safe dish and microwave on low for 1 minute at a time, until warm.

Caution: Parts of the apple can get very hot!



# Heavenly Baked Red Pears

- 1 ¼ cups apricot nectar
- 1/3 cup snipped dried apricots
- 2 tbsp dried cranberries
- 4 medium firm red pears
- 2 tbsp sugar
- ¼ tsp ground nutmeg
- 1/8 tsp ground cardamom
- ½ tsp vanilla

- Combine apricot nectar, apricots, and cranberries in small saucepan, bring to boiling.
- Remove from heat, let stand 5 minutes.
- Drain fruit, reserving liquid.
- Preheat oven to 350 degrees.
- Core whole pears almost through to bottom.
- Place pears in 2-quart square baking dish.
- Combine drained fruit mixture, sugar, and nutmeg.
- Spoon into center of each pear.
- Combine reserved liquid, cardamom, and vanilla and pour over and around pears.
- Bake, covered, in preheated oven for 20 minutes.
- Uncover and bake 20-25 minutes more or until pears are tender, basting occasionally.
- Serve warm & spoon liquid over pears.

## Healthy Living Tips

Studies show that microwaving vegetables retains 80-100% of the nutrients. Most boiled, baked or stewed vegetables also retain over 80% of their nutrients after cooking. So use whatever method you enjoy.

To preserve as many nutrients as possible in cooked vegetables, cook them until just tender. Some vitamins and minerals can be lost during cooking, so use the minimum amount of liquid needed. If you cook vegetables on the stove, use very little water and a tight-fitting lid on the pot so the vegetables cook quickly. Cooking vegetables too long and at high temperatures can destroy nutrients and taste.



## Lite & Easy Crustless Pumpkin Pie



The traditional autumn fruits and vegetables—pumpkins, sweet potatoes, squash, cranberries—are virtual battalions of cancer-fighting carotenoids, particularly beta-carotene.

Studies clearly link diets high in beta-carotene to a lower risk of certain types of cancer, including cancers of the lung, breast, cervix, uterus, esophagus, stomach, colon and mouth.

Instead of supplements, focus on making color a main attraction in your meals. Aim to fill at least half your plate with vegetables.

- 2 tablespoons water
- 2 envelopes (7 grams each) of unflavored gelatin
- 2 ¼ cups of evaporated low-fat milk divided between 1 cup and 1 ¼ cups
- 1 15 ounce can of Libby's Pure Pumpkin
- ½ cup of brown sugar
- 2 teaspoons pumpkin pie spice
- 1 teaspoon vanilla extract

- Coat 9-inch pie plate with non-stick cooking spray.
- Place water in medium bowl.
- Sprinkle gelatin over water and let stand for 5-10 minutes or until softened.
- Bring 1 cup of milk to boil.
- Slowly stir the hot milk into the softened gelatin mixture.
- Stir in remaining milk, pumpkin, sugar, pumpkin pie spice and vanilla extract.
- Pour mixture into pie plate and refrigerate for at least two hours until set.

# Low-Fat Pineapple Upside-Down Cake

Serves 12 people

1 package pineapple cake mix

¼ cup butter

1 cup firmly packed brown sugar

fresh pineapple cut into ¼ inch thick slices (or 1 20 oz can pineapple slices, unsweetened or sweetened in its own juice)

1 jar red maraschino cherries, drained and halved

- Preheat oven to 350 degrees.
- Melt butter in ungreased 13x9 inch pan.
- Sprinkle brown sugar evenly in pan.
- Arrange pineapple slices on brown sugar.
- Place maraschino cherry halves, cut side up, in center of pineapple slices.
- Prepare cake mix following package directions (substitute 1/3 cup applesauce for 1/3 cup oil).
- Pour batter evenly over fruit in pan.
- Bake at 350 degrees for 43 to 48 minutes or until toothpick inserted in center comes out clean.
- Cool 5 minutes in pan.
- Invert onto serving plate.

## Healthy Living Tips

Research has shown that eating more foods containing fiber may help lower your risk of two fairly common, potentially fatal cancers: colon cancer and prostate cancer.

Because foods with fiber are naturally low in fat, they may also protect you against other types of cancer to which a high-fat diet may contribute.

Fiber also lowers cholesterol, prevents constipation, and reduces your chance of having various digestive disorders.

That's a whole lot of health benefits for what is essentially the undigestible part of a plant.



# Marinated Strawberries



## Cancer Fighting Food Berries

Strawberries are rich in vitamin C and folic acid. They are high in fiber and the mineral potassium, which is important for proper cell functioning. They contain many cancer-fighting phytochemicals, such as ellagic acid. Ellagic acid (also found in grapes and cherries) has been shown to prevent carcinogens from transforming normal cells into cancerous ones.

Strawberries are at their peak from spring through midsummer. Modern technologies enable frozen (and canned) fruits and vegetables to retain many of their nutrients. When produce is out of season, packaged varieties are often a good alternative.

2 pints strawberries

sugar

your favorite liqueur (Cointreau, cheery brandy, or orange juice as a substitute)

mint leaves

- Wash and hull strawberries.
- Cover with liqueur or orange juice.
- Add sugar to taste and refrigerate for an hour or so.
- To serve, garnish with mint leaves.
- Serve with yogurt, cottage cheese, or ice cream.

# Orange Yogurt

1 (6 oz.) can unsweetened orange juice concentrate

1 env. unflavored, unsweetened, gelatin

½ c. water

2 c. plain low-fat yogurt

- Combine orange juice concentrate and water in a medium saucepan.
- Sprinkle gelatin over juice until softened.
- Heat until gelatin dissolves over low heat.
- Place in refrigerator to cool.
- When orange juice mixture begins to gel, remove and beat with electric mixer.
- Fold in yogurt.
- Place in freezer compartment to set on coldest setting for 2 ½ hours.
- Beat again with electric mixer; return to freezer for 30 minutes.
- Serves 6.

## Healthy Living Tips

Water is the most crucial nutrient our bodies require, playing a key role in digestion, nutrient transmission and absorption, temperature regulation, and many other bodily functions. Increasing intake can also help control weight by curbing appetite.

A minimum of eight 8-ounce glasses of fluid a day is recommended, and during the hot days of summer, even more is preferable. Unlike other internal control systems, our bodies do not crave fluids until dehydration has already begun to set in. This means that we need to drink fluids even when we are not thirsty.



# Peaches & Blueberry Crisp



## Healthy Living Tips Calcium

Calcium is a mineral with cancer-fighting properties. Calcium is the most abundant mineral in the body. It is best known for building strong bones and reducing the risk of osteoporosis. But calcium has many other functions, playing a role in transmission of nerve impulses and regulation of muscle contraction, blood pressure, and immune defenses. Calcium-rich diet may protect against colon cancer by limiting potentially dangerous cell growths. Calcium also appears to bind potential carcinogens to bile and fatty acids that are excreted, thereby decreasing exposure of the colon to cancer-causing substances.

½ cup of toasted wheat germ

½ cup of flour

1/3 cup of brown sugar

1 teaspoon of cinnamon

3 tablespoons of butter

6 cups of fresh sliced peaches

1 cup of blackberries

- Preheat your oven to 350 degrees.
- Combine wheat germ, flour, brown sugar and cinnamon.
- Save 2 tablespoons of the flour to toss with the fruit so that it gets evenly coated with flour.
- Cut in the butter.
- Place fruit in 8-inch pan and top with the wheat germ mixture.
- Bake for 35 minutes and serve warm with vanilla yogurt or ice cream.

# Peach Sherbet

2 cups peeled, sliced ripe peaches  
1 (8 ounce) carton plain low-fat yogurt  
1/3 cup honey  
½ cup orange juice

- Place all ingredients into food processor or blender and process until the peaches are finely chopped.
- Pour mixture into an 8-inch square pan; freeze until almost firm.
- Break mixture into large pieces and place in processor or blender bowl.
- Process several seconds or until fluffy, but not thawed.
- Return mixture to pan; freeze until firm.
- Let stand at room temperature at room temperature 10 minutes before serving.
- Yields 3 cups.

## Cancer Fighting Food Peaches

Many succulent fruits — peaches, plums, nectarines, apricots, blueberries, cherries and melons are packed with cancer fighting nutrients. A medium -size peach provides two grams of dietary fiber, about 10 percent of the RDA of beta-carotene (470 IU), and a dose of potassium, for just 35 calories.

Fresh peaches are best from late May through mid-October. Even sweeter and more nutritious than the peach is its cousin, the nectarines. The yellow flesh of both peaches and nectarines is rich in bioflavonoids, which have been shown to reduce the risk of cancer.



## Pear-Strawberry Trifle



Cancer survival rates have increased significantly over the past several years due to the advancement of new and improved drug therapies. The greatest breakthroughs are coming from research that is explaining why seemingly healthy cells turn into cancerous cells.

Through NFCR's innovative "Laboratory Without Walls" research programs, we are accelerating the development of many new cancer-fighting treatments and therapeutic drugs.

More and more people are alive today thanks to our aggressive pursuit of lifeimproving treatments. You can stay up-to-date on the newest advances in drug therapy by subscribing to NFCR's monthly e-newsletter at [www.NFCR.org](http://www.NFCR.org).

2 pared, cored, and thinly sliced Anjou or Bosc pears  
2 tbsp lemon juice  
2 cups coarsely chopped strawberries  
½ tsp almond extract  
2 tbsp orange juice  
2 tbsp honey  
Half of 9 inch angel food cake, cut to 1-inch cubes  
3 cups vanilla or lemon flavored yogurt  
1 cup diced fresh or canned pineapple, drained

- Toss pears in lemon juice and strawberries in extract.
- Combine orange juice and honey, mix well.
- Layer a deep 2 to 2½-quart glass bowl in the following order: 1/3 of cake sprinkled with 1 tablespoon orange juice mixture, 1 cup yogurt, 1 cup pear slices, 1 cup strawberries, and ½ cup pineapple; repeat.
- Layer remaining cake, sprinkle with remaining orange juice mixture and spread 1 cup yogurt over top.
- Cover with plastic wrap and refrigerate 1 to 4 hours before serving.
- Garnish with pear slices and mint just before serving.

# Pumpkin Pancakes

2 cups all-purpose flour  
2 tbsp packed brown sugar  
1 tbsp baking powder  
1 1/4 tsp pumpkin pie spice]  
1 tsp salt  
1 3/4 cups milk  
1/2 cup canned pumpkin  
1 large egg  
2 tbsp vegetable oil

- Pumpkin Maple Sauce (see below)
- Combine flour, brown sugar, baking powder, pumpkin pie spice and salt in large bowl.
- Combine milk, pumpkin, egg and vegetable oil in small bowl; mix well.
- Add to flour mixture.
- Stir just until moistened; batter may be lumpy.
- Heat griddle or skillet over medium heat; brush lightly with vegetable oil.
- Pour 1/4 cup batter onto hot griddle; cook until bubbles begin to burst.
- Turn and continue cooking 1 to 2 minutes. Repeat with remaining batter.
- Serve with Pumpkin Maple Sauce.
- Pumpkin Maple Sauce
- Heat 1 cup maple syrup, 1 1/4 cups canned pumpkin and 1/4 teaspoon ground cinnamon or pumpkin pie spice in small saucepan until warm.



# Summerberry Cooler



## Healthy Living Tips

Numerous studies have reported a link between alcohol consumption and many cancers, including breast, liver, esophageal, oral cavity, and laryngeal cancers.

Moderation is vital for cancer prevention. Women should limit their alcohol consumption to no more than one drink a day (one drink is equivalent to 4 ounces of wine, 12 ounces of beer, or 1.5 ounces of liquor). Lesser amounts may be advised for women who are breast cancer survivors. Men should not exceed two drinks a day. This year, try toasting the holidays with hot cider punch.

For best results, use well-chilled fruit.

1 cup fresh strawberries

1/2 cup fresh raspberries

1/4 cup fresh blueberries

3/4 cup frozen apple juice concentrate

1 2/3 cups chilled carbonated water

1 recipe Berry Ice Cubes (see below)

- In blender container combine berries and apple juice concentrate.
- Cover and blend until smooth.
- Pour into pitcher and slowly stir in carbonated water.
- Pour over ice cubes or Berry Ice Cubes in tall, chilled glasses.
- Serve immediately.
- Makes 4 servings.

Berry Ice Cubes: Fill 2 ice-cube trays with fresh berries (halve or quarter berries, if necessary).

Add water.

Freeze until firm.

# Winter Crisp

## Filling:

- ½ cup sugar
- 3 tbsp all purpose flour
- 1 tsp lemon peel, grated
- ¾ tsp lemon juice
- 5 cup apples, unpeeled, sliced
- 1 cup cranberries

## Topping:

- 2/3 cup rolled oats
- 1/3 cup brown sugar, packed
- ¼ cup whole wheat flour
- 2 tsp ground cinnamon
- 1 tbsp soft margarine, melted

To prepare filling, in a medium bowl combine sugar, flour, and lemon peel; mix well.

Add lemon juice, apples, and cranberries; stir to mix.

Spoon into a 6-cup backing dish.

To prepare topping, in a small bowl, combine oats, brown sugar, flour, and cinnamon.

Add melted margarine; stir to mix.

- Sprinkle topping over filling.
- Bake in 375° F oven for 40-50 minutes or until filling is bubbly and top is brown.
- Serve warm or at room temperature.

## Healthy Living Tips

There's no excuse for not eating your vegetables.

Some people worry that fruits and vegetables are exposed to pesticides. However, the risk from pesticides on fruits and vegetables appear to be minimal, while the gains from including them in your diet can be substantial. You can reduce your exposure by thoroughly rinsing and scrubbing fruits and vegetables under running water before eating them. Peppers, crisp, sweet, and brightly colored, are a great source of cancer-fighting vitamin A, vitamin C, folic acid and potassium.



## Uniqueness of NFCR

**Seed Funding** – NFCR provides seed funding for innovative research that is difficult, if not impossible, to obtain from other sources. NFCR has been the incubator for many of the most important discoveries in cancer research over the past 30 years.

**Flexibility** – NFCR's funding is more flexible than other charities, allowing scientists to pursue promising and unanticipated discoveries during the course of their research. This flexibility accelerates the pace at which treatment options for cancer patients can move from the bench to the bedside.

**Collaboration** – NFCR actively facilitates and fosters collaboration among scientists and serves as a catalyst to accelerate life-saving research.

**Global Reach** – NFCR is a bridge connecting scientists in their laboratories around the world in the pursuit of a cure for cancer. NFCR overcomes barriers to progress by bringing the best ideas and the best minds together, regardless of location.

**Multiple Perspectives** – NFCR's multi-disciplinary approach encourages scientists from different fields to join forces to accelerate the pace of cancer research.

**Long-Term Vision** – NFCR demonstrates a long-term vision and commitment to cancer research. As a leading cancer charity, NFCR can provide cutting-edge ideas with resources and time to develop them.

The National Foundation for Cancer Research (NFCR) was established in 1973 to support innovative cancer research relating to prevention, better diagnosis, new and more effective treatments, and ultimately cures for all types of cancer; and to provide cancer prevention education for the public. NFCR promotes and facilitates collaboration among scientists to accelerate the pace of discovery from the laboratory bench to the patient's bedside.

To date, NFCR has provided millions of dollars in support of discovery-oriented basic research focused on understanding how and why cells become cancerous and on cancer prevention education. NFCR scientists are unraveling cancer's molecular mysteries and translating these discoveries into therapies that hold great promise for curing cancer. NFCR is about Research for a Cure—cures for *all* types of cancer.



*Research for a Cure*

4600 East West Highway, Suite 525 • Bethesda, MD 20814  
Phone: 1-800-321-CURE (2873) • Fax: 301-654-5824  
[www.NFCR.org](http://www.NFCR.org)