

## **Vegetarian Recipes create happiness in your cells**

### **Balancing 'dis-ease' :**

A long-awaited scientific report on cancer prevention stated plain and simple that the more pounds you're carrying, the greater your risk of developing one or more of 17 cancers.

After analyzing 7,000 scientific studies, the World Cancer Research Fund and the American Institute for Cancer Research made 8 diet recommendations you can use to lower the odds of developing cancer<sup>1</sup>.

#### **1. Be as lean as possible**

Aim for Body Mass Index of 21 - 23.

#### **2. Be Active**

Aim for 60 minutes or more moderate activity every day, or 30+ minutes of vigorous activity.

#### **3. Avoid energy-dense foods and sugary drinks**

Avoid foods that are high in fat, like fast foods and processed foods. Also avoid sugary drinks like soda.

#### **4. Eat plant-based foods**

Aim for 5 servings of non-starchy fruits and vegetables every day (potato, yam, sweet potato, and cassava don't count). Eat only limited amounts of refined grains like white bread and pasta. Instead, include legumes or whole grains in every meal.

#### **5. Limit red meat and avoid processed meat**

Limit red meat intake (beef, pork, lamb and goat) to less than 18 oz. a week and avoid processed meat at all costs.

#### **6. Limit alcohol**

Men: no more than 2 drinks a day

Women: no more than 1 drink a day

#### **7. Limit salty foods, favour Himalayan salts**

#### **8. Don't bank on pills**

Some supplements or high-dose nutrients are associated with higher risk of developing cancer. Stick to a healthy diet instead and don't bank on dietary supplements as the magic pills in preventing cancer .

## Natural Foods that Fight Cancer

Tea (green and black), ginger, garlic, broccoli, onions, carrots, mushrooms, soybeans, tomatoes, papaya, avocado, apple, pineapple, citrus fruits like oranges, grapefruit, sweet lime and lime, etc., green vegetables like spinach, lettuce, broccoli, french beans, radish leaves, green fenugreek (methi), okra (bhindi), sarson saag (mustard leaves), etc. have cancer preventing chemicals. The darker the green vegetable, the more is its anticancer effect. For prevention of cancer, you should eat dark green vegetables which contain betacarotene, lutein and folic acid - helpful in cancer prevention and healing.

We also recommend fasts or courses of healing food choices.

**Fruit** - Fresh or frozen fruit.

**Vegetables** - All fresh vegetables. Vegetables thought to be particularly good detox foods include broccoli, cauliflower, broccoli sprouts, bell peppers, zucchini, artichokes, beets, red and green vegetables.

**Rice** - All forms of rice, including rice cakes, rice crackers and rice pasta. Brown rice is typically preferred.

**Other Grains** - Quinoa, amaranth, millet and buckwheat can be used instead of rice. They can be purchased at a health food store or in some grocery stores.

**Beans** - Split yellow and green peas and lentils are easiest to digest and require the least soaking time. Other good options include kidney beans, pinto beans, mung beans, chickpeas and adzuki beans.

**Nuts and Seeds** - Unsalted nuts or seeds can be sprinkled over salads or eaten as a snack. Good options include flaxseed, pumpkin seeds, sesame seeds, sunflower seeds, almonds, cashews and walnuts. Nut butters are permitted. Peanuts and peanut butter are usually not recommended.

**Oil** - Extra-virgin olive oil, Pumpkin seed is a preferred oil.

**Condiments** - Favor herbs or spices over any salt. Vegetable salt, sea salt, vinegar, soy sauce or tamari.

**Tea and other Beverages** - Herbal teas, green tea, roibos tea, water, lemon water, diluted pure unsweetened fruit and vegetable juices, rice milk.

**Daily Detox Do's** - Drink a minimum of 8 glasses of water per day, warm or room temperature and take the time to chew food well, especially grains.

## Recipes:

### Arabic Salad

2 diced roma tomatoes  
1 zucchini, peeled and chopped  
1/2 onion chopped very fine  
2 t cumin  
cilantro and cayenne to taste  
2 T lemon juice  
1 T water  
1 T olive oil  
1 t flax oil  
A few drops of sesame oil  
Toss and refrigerate. Serve with parsley sprigs

Easy to digest version: Steam chopped onion, zucchini and tomato for 6 minutes. Chill and mix with other ingredients.

### Baked Eggplant

1 eggplant peeled and sliced into rounds  
1 T olive oil  
1 t dried oregano  
1 t dried parsley  
1\2 t cayenne pepper  
Bread crumbs  
Rub eggplant with olive oil and also oil a cookie sheet.  
Mix bread crumbs with the herbs and coat the eggplant with it  
Lay on the cookie sheet and bake at 400 degrees F until brown.  
Turn at least once

### Braised Tofu

1\2 pound firm tofu, cut into 1\2 in. cubes.  
1 cup chopped vegetables [broccoli, cauliflower, shallots, carrots etc.]  
1\2 t olive oil  
sauce  
1\4 cup tamari sauce  
1\2 t balsamic vinegar.  
1 t finely chopped ginger.  
3 cloves crushed garlic.

Marinate tofu in sauce mixture for one hour or more.  
Braise tofu by adding some sauce mixture in frying pan with olive oil.  
Turn gently and reduce.

A powerhouse ingredient such as deeply flavored red miso paste (instead of the milder white or yellow varieties) is the key to this super-easy soup. Just don't boil it boiling brings out a bitter taste in miso and kills the healthful probiotic enzymes that are so good for you.

1. Simmer broth in small saucepan over medium-high heat. Add tofu, greens and green onions, reduce heat to medium, and cook about 5 minutes, or until greens are just wilted.
2. Stir in miso, and barely simmer (do not boil). Remove from heat, and serve immediately.

This flavorful soup with its protein-rich lentils is substantial enough to enjoy as a main dish. One note: Even though most lentils today are picked clean, sort through them just in case to remove any debris.

If you're pinched for time, skip the initial sauté that starts the soup; however, those few extra minutes (and the 1 extra pan it takes) greatly enhance the overall flavor. To add some greens with no extra cooking, chop some baby spinach, and stir it in just before serving. The heat from the soup will just wilt the spinach.

### Directions

1. Heat oil in skillet over medium heat. Add onion and garlic, cover and cook until softened, about 5 minutes; transfer to slow cooker.
2. Add carrots, parsnip, celery root, lentils, stock, tamari, salt and pepper. Cover, and cook on low until lentils and vegetables are tender, 6 to 8 hours. To serve, adjust seasonings to taste, and garnish with fresh parsley.

**STOVETOP METHOD:** Heat oil in a 5- to 6-quart pot over medium heat. Add onion and garlic. Cover, and cook 5 minutes to soften. Add carrots, parsnip, celery root, lentils, stock, tamari and pepper. Reduce heat to low. Cover, and cook, stirring from time to time, until lentils and vegetables are tender, 1 to 1 1/2 hours. Taste and adjust seasonings, if necessary. Garnish with parsley, and serve.

## Roasted Sweet Potato Wedges

Makes 4 servings

Once you try this version of "fries," you'll be hooked! They're loaded with cancer-fighting beta-carotene, and baking them essentially eliminates the fat completely.

2 medium sweet potatoes (unpeeled), cut into wedges

1/8 teaspoon cinnamon

1/4 teaspoon salt

1/4 teaspoon ground cumin

1/8 teaspoon black pepper

1/4 teaspoon garlic powder

Vegetable oil spray

Preheat oven to 450°F.

Combine sweet potatoes, cinnamon, salt, cumin, black pepper, and garlic powder in a plastic bag. Seal and shake. Place sweet potatoes on a baking sheet (do not overlap) lightly coated with

vegetable oil spray. Bake for 20 minutes or until very tender, flipping potatoes once during cooking.  
Per serving (1/4 of recipe):

## **Fruited Breakfast Quinoa**

Quinoa is a highly nutritious grain that was a staple in the diet of the ancient Incas. It has a delicious flavor and a light, fluffy texture. It is important to rinse the grain thoroughly prior to cooking.

### **Directions**

Makes about 6 1/2-cup servings

1/2 cup dry quinoa, well-rinsed

1 1/2 cups vanilla rice milk

2 tablespoons raisins

1 cup chopped fresh or canned apricots

1/4 teaspoon vanilla extract

To thoroughly rinse quinoa, cover it with water in a mixing bowl, and then rub it between the palms of your hands. Pour off the cloudy liquid through a strainer and then repeat the process two or three more times, until the rinse liquid remains clear.

Combine quinoa and rice milk in a medium saucepan. Bring to a slow simmer, then cover and cook for about 15 minutes until the quinoa is tender. Stir in raisins, apricots, and vanilla. Cook an additional 2 minutes. Serve warm or chilled.

Quinoa keeps well in the refrigerator. Cool leftovers to room temperature, place in a covered dish, and refrigerate for up to three days.

## **Resources**

1-Health Castle

2 – NutritionMD

3 – Recipes compiled from The Cancer Project