



Delicious Cancer Fighting Recipes

Instructor:
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Tomato Gazpacho
Orange Pistachio Quinoa
Emerald Greens with Orange
Berry Zesty Smoothie

Orange Pistachio Quinoa

¼ c. shelled pistachios
1 ½ c. quinoa
3 c. boiling water
1 t. ground cumin
½ t. ground coriander
½ t. turmeric
1 t. sea salt
⅛ t. freshly ground pepper
½ c. chopped fresh mint
2 scallions, white and green parts, finely chopped
2 T. freshly squeezed lemon juice
2 T. freshly squeezed orange juice
1 T. orange zest
2 T. extra virgin olive oil
½ c. raisins

Preheat the oven to 325°F.

Spread the pistachios in an even layer on a sheet pan and bake for 7 to 10 minutes, until aromatic and slightly browned. Let cool.

Rinse quinoa; place in a pot and cover with water. Cook quinoa for 20 minutes. Add the cumin, coriander, salt and pepper and stir and fluff with a fork. Spread the quinoa on a sheet pan, rake with a fork, and let cool to room temperature.

Combine the quinoa, mint, scallions, lemon juice, orange juice, orange zest, olive oil, raisins, and pistachios and mix well, then do a FASS (fat, acid, salt, sweet) check. You may need to add a pinch or two of salt, a squeeze of lemon, or a dash of olive oil to balance the flavors.

Variation: Make this a meal in a bowl by adding 1 cup of cooked chickpeas when you stir everything together.

Per serving: Calories 265; Total Fat 10g; Saturated Fat 1g; Cholesterol 0mg; Sodium 435mg; Carbohydrates 40g; Dietary Fiber 6g, and Protein 7g.

Sautéed Greens with Orange

2 T. extra virgin olive oil
1 t. minced garlic
Pinch red pepper flakes
2 T. dried cranberries
¼ c. freshly squeezed orange juice
6 c. stemmed and chopped Swiss chard, in bite-size pieces
¼ t. sea salt
½ t. orange zest
¼ t. maple syrup

Heat the olive oil in a large sauté pan over medium heat, then add the garlic, red pepper flakes, cranberries, and orange juice and sauté for 30 seconds, just until aromatic. Add the chard, salt, zest and sauté until the color of the chard begins to darken and intensify. Use a slotted spoon to transfer the greens to a bowl, and then bring the liquid in the pan to a boil. When the liquid shrinks in from the sides of the pan and thickens a bit, stir the greens back in, then stir in the maple syrup. Do a FASS (fat, acid, salt, and sweet) check? You may want to add another pinch of salt. Serve immediately.

Variation: To make this a real jewel of a dish, omit the cranberries and sprinkle 2 Tablespoons of gorgeous ruby red pomegranate seeds over the greens just before serving.

Per serving: Calories 90; Total Fat 7g; Saturated Fat 1g; Cholesterol 0mg; Sodium 230mg; Total Carbohydrates 8g; Dietary Fiber 1g, and Protein 1g.

Tomato Gazpacho

2 cucumbers, peeled, halved and seeded
3 red bell peppers, cored and seeded
4 large tomatoes (about 1 ½ pounds)
1 small red onion (about ¼ pound)
2 garlic cloves, minced
6 c. tomato juice
¼ c. Katz Sauvignon Blanc wine vinegar
½ c. extra-virgin olive oil
1 ½ t. sea salt
½ t. freshly ground black pepper

Roughly chop the cucumbers, bell pepper, tomatoes, and red onions into 1-inch cubes. Put each vegetable separately into a food processor fitted with a steel blade and pulse until it is coarsely chopped. Do not over process!

After each vegetable is processed, combine them in a large bowl and add the garlic, tomato juice, vinegar, olive oil, salt, and pepper. Mix well and chill before serving. Adjust flavors and seasoning as needed. The longer gazpacho sits, the more the flavors develop.

Per serving: Calories 100; Total Fat 7g; Saturated Fat 1g; Cholesterol 0mg; Sodium 448mg; Total Carbohydrates 9g; Dietary Fiber 2g, and Protein 2g.

Berry Zesty Smoothie

4 frozen or fresh strawberries
1/4 c. frozen or fresh blueberries
1/2 of a frozen banana
1/2 c. whole milk plain yogurt
1/2 c. coconut water
2 lacinato kale leaves, roughly chopped
1/2 carrot, roughly chopped
1/8 of a whole lemon, peel left on
1/4 inch piece of ginger
dash of cinnamon
1 T. grade B maple syrup, or to taste
3-6 cubes of ice

Process everything in a Vitamix until smooth. If using frozen berries, use fewer ice cubes.

Per serving: Calories 148; Total Fat 3g; Saturated Fat 2g; Cholesterol 9mg; Sodium 115mg; Total Carbohydrates 29g; Dietary Fiber 4g, and Protein 4g.