



# Cancer Fighting Recipes

**HEALTH, HOPE & INSPIRATION**  
WITH REV PERCY MCCRAY

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Disclaimer: It is the position of Cancer Treatment Centers of America® that there is no scientific evidence to support nutrition modification alone can prevent or cure cancer; it is merely one of several ways to potentially reduce risk of developing cancer or side effects and maintenance of quality of life during cancer treatment, and there is still much to learn about nutrition's overall effectiveness.





When fighting cancer, an integrative approach empowers each individual with the tools to fight not just the disease but manage the side effects that may result from treatment, through the services of medical oncology, naturopathic medicine, pain management, spiritual support and nutrition therapy. In fact, as many as 80 to 90 percent of cancer patients may suffer from malnutrition, Carolyn Lammersfeld, Vice President of Integrative Medicine at Cancer Center Treatment of America® (CTCA), points out.

From the first biblical accounts to the latest medical breakthroughs, we see signs that good nutrition can help fuel the body for healthy living. A healthy diet also supports the body while it fights cancer and recovers from treatment. Whether you are cooking for yourself or preparing a meal for a loved one, the right recipe can lift your spirits and fortify the body with key nutrients.



A collage of various breakfast foods. In the foreground, a white bowl of pink yogurt sits on a white plate next to several golden-brown, sesame-seeded crackers and three slices of orange. To the right, a glass of bright orange juice is visible. In the background, there's a bowl of cereal with banana slices and blueberries, a jar of pink yogurt with blueberries, a bowl of almonds, and a bowl of dried cranberries. A white pitcher of milk is also present.

# Breakfast Foods



## INGREDIENTS



1 tomato, diced  
1 green onion, sliced  
1 c. baby spinach  
1 egg  
2 egg whites  
1 tbsp. 1% milk  
¼ c. shredded low fat cheddar cheese  
Nonstick cooking spray



difficulty  
3/10



preparation  
5 min



cooking  
10 min



people  
2

# Simple Veggie Omelet

This veggie delight is filled with protein, vitamins, minerals and fiber. It may help maintain muscle and is also heart healthy.

### Directions:

1. Preheat large omelet skillet over medium heat. Mist pan with cooking spray
2. Add tomato with juices, green onion and spinach to pan
3. Stir and cook vegetables until soft and spinach is wilted
4. Remove from pan and reduce temperature to medium-low heat. Mist pan again with cooking spray
5. Whisk egg, egg white and milk in a small bowl. Pour into pan
6. While omelet cooks, lift edges and allow uncooked egg to flow underneath.  
Once egg is mostly cooked, flip
7. Place vegetables on top of egg and sprinkle with cheese
8. Turn off heat. Once cheese is melted, fold egg in half

# Overnight Raspberry Icebox Oatmeal

## INGREDIENTS



¼ c. uncooked old-fashioned rolled oats  
¼ c. skim milk  
¼ c. low-fat Greek yogurt  
1 ½ tsp. chia seeds  
2 tsp. honey (more or less to taste)  
¼ to ½ c. fresh or frozen raspberries



difficulty  
2/10



preparation  
5 min



cooking  
–



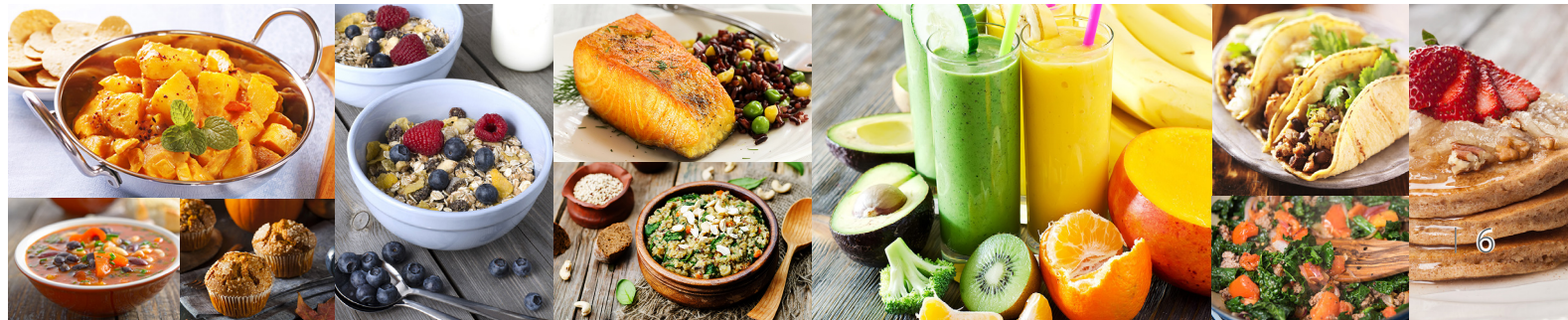
people  
2

Oatmeal is high in fiber, magnesium, phytochemicals, and provides some protein, while low in fat and sugar.

### Directions:

1. In a half-pint (1c.) jar or bowl, combine the oats, milk, yogurt, chia seeds and honey. If in a jar, put the lid on the jar and shake until well combined; if in a bowl, stir until well combined
2. Add the raspberries and stir until mixed
3. Return the lid to the jar or cover the bowl and refrigerate overnight or up to 2 days. Eat chilled

**Tip:** This recipe can be modified to incorporate any fruits to offer more of a variety. Consider adding nut butter or flaxseed oil to get even more nutrients





## INGREDIENTS



3 c. blueberries  
1 tbsp. sugar  
2 tbsp. water  
1 tbsp. lemon juice  
½ tsp. cinnamon  
1 c. all-purpose flour  
1 c. quick oats  
1 c. packed brown sugar  
½ tsp. ground cinnamon  
½ tsp. baking soda  
¼ c. butter or soft margarine, melted



difficulty  
7/10



preparation  
20 min



cooking  
45 min



people  
8-10

# Blueberry Crumb Bars

Blueberries are an excellent source of vitamins C and K, manganese, fiber and antioxidants. This recipe may also help support overall heart health.

### Directions:

1. Preheat oven to 350 degrees
2. In a medium saucepan, combine the blueberries, sugar, water, lemon juice and cinnamon. Bring to a boil
3. Reduce the heat and simmer uncovered, about 8 minutes or until slightly thickened, stirring frequently. Remove from heat and set aside
4. In a large mixing bowl, stir together the flour, oats, brown sugar, cinnamon and baking soda
5. Stir in the melted butter until thoroughly combined
6. Set aside 1 c. of the oat mixture for topping. Press the remaining oat mixture into an ungreased 9-x-9-x-2-inch baking pan. Bake for 12 minutes
7. Carefully spread the filling on top of the baked crust. Then sprinkle with the reserved oat mixture, lightly pressing the oat mixture into the filling
8. Bake for another 20 to 25 minutes or until the topping is set

## INGREDIENTS

‡

1 c. of mixed berries

1 banana peeled

1 serving of whey protein powder

1 tbsp. of ground flax seed

6-8 ounces of coconut water

Ice as desired



difficulty  
1/10



preparation  
5 min



cooking  
-



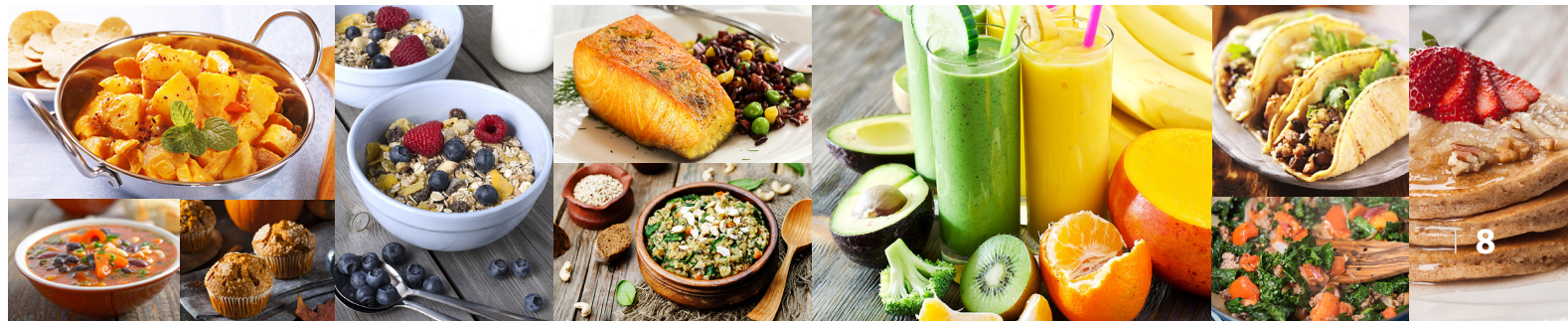
people  
1-2

# Berry Breakfast Smoothie

Blueberries are packed with antioxidants which may help with memory and raspberries contain ellagic acid, a compound that may help fight cancer. Berries help the digestive system and are a great source of fiber.

### Directions:

1. Combine all ingredients in a blender and mix until smooth





## INGREDIENTS



¾ c. buckwheat flour  
¾ c. sifted almond flour/meal  
2 tsp. baking powder  
¼ c. honey  
1 egg, beaten  
½ c. coconut oil  
1 c. milk  
½ c. pumpkin seeds  
½ c. dried cranberries



difficulty  
5/10



preparation  
15 min



cooking  
15 min



people  
6-8

# Gluten-Free Cranberry Pumpkin Seed Muffins

Pumpkin seeds provide protein, potassium, iron and are excellent sources of magnesium, zinc and copper.

### Directions:

1. Preheat oven to 350 degrees
2. Combine dry ingredients and sift
3. Mix liquid ingredients thoroughly
4. Add dry ingredients to wet, using sifting technique
5. Stir until moist, but be careful not to over mix
6. Stir in dried cranberries
7. Fill muffin cups half-full
8. Bake for 15 minutes (or longer)—until toothpick comes out clean

## INGREDIENTS

‡

1 pound yellow onions, julienned  
6 ounces Shitake mushrooms, stemmed  
6 ounces Portabella mushrooms, stemmed  
4 ounces roasted garlic  
½ c. white wine  
5 ounces Boursin cheese  
1 tbsp. salt  
1 tsp. white pepper  
1 sheet puff pastry  
1 pound clarified butter



difficulty  
8/10



preparation  
45 min



cooking  
11 min



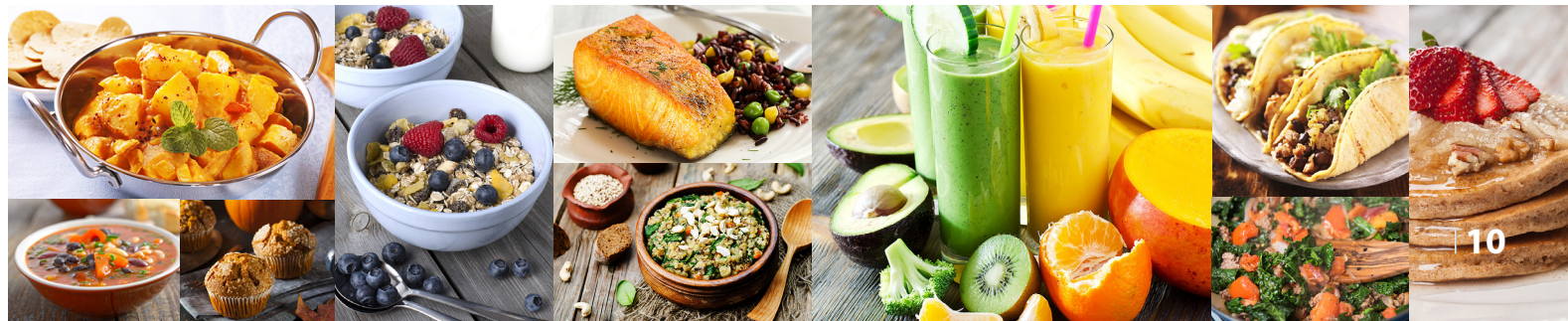
people  
2-4

# Wild Mushroom Strudel

Mushrooms contain selenium, something not typically found in high amounts in fruits and vegetables, which plays a large role as an antioxidant and in proper immune functioning.

### Directions:

1. Preheat oven to 350 degrees
2. In hot pan sauté onion until caramelized
3. Add mushrooms and white wine to pan
4. Season with salt and pepper
5. Cook until white wine evaporates. Allow mix to cool
6. Fold in cheese and garlic. Once cooled chop fine in food processor
7. Fill puff pastry sheet with stuffing by placing stuffing down on the lip closest to you
8. Tuck in sides and roll, brushing with butter on each roll
9. Bake for 15 minutes or until golden brown. Set aside to rest





## INGREDIENTS



1 medium egg  
3 medium egg whites  
½ c. reduced-fat buttermilk  
1½ c. all-purpose flour  
½ c. whole wheat flour  
1 tbsp. flax seed meal  
1 tbsp. wheat germ  
1 tsp. baking powder  
2 tsp. ground cinnamon  
½ tsp. baking soda  
¼ tsp. salt  
¼ tsp. ground allspice  
¼ tsp. ground nutmeg  
¼ c. unsalted butter, softened  
½ c. unsweetened applesauce  
¼ c. pureed roasted butternut squash  
¾ c. raw sugar  
1 tsp. vanilla extract  
2 c. shredded, unpeeled sweet potato

# Sweet Potato & Roasted Butternut Squash Bread

Sweet potatoes provide high levels of beta carotene (vitamin A) and B6 and are good sources of niacin and copper. Vitamin A is important for immune function and maintaining healthy cells.

### Directions:

1. Preheat oven to 350 degrees
2. Butter and flour a 9x5x3-inch loaf pan or muffin tins
3. Combine flours, baking powder, baking soda, salt, cinnamon, nutmeg and allspice. Set aside. Whisk together butter, applesauce, sugar, vanilla extract, eggs and buttermilk, and mix into the dry ingredients
4. Add the sweet potatoes to the mixture
5. Bake for 40-45 minutes or until a toothpick comes out clean when inserted into the middle.  
If using muffin tins, bake for 20-25 minutes or until a toothpick comes out clean when inserted into the middle.



difficulty  
6/10



preparation  
20 min



cooking  
45 min



people  
6-8

$\neq$ 

people  
10+

## A collage of 12 images showing various healthy food items: roasted vegetables, oatmeal with fruit, salmon, smoothies, tacos, pancakes, soup, muffins, quinoa, avocado, kiwi, and broccoli. The images are arranged in a grid-like fashion, with some images being larger than others. The overall theme is healthy eating and nutrition.



## INGREDIENTS



### Compote:

- 2 c. frozen berries
- 1/3 c. apple juice
- 1 tbsp. sugar
- 1 tbsp. cornstarch

### Pancakes:

- 1 tsp. baking soda
- 1 1/2 c. buttermilk
- 1 c. whole-wheat flour
- 1 tbsp. cinnamon (preferably Chinese Cassia cinnamon)
- 1 tbsp. sugar
- 2 egg whites
- 1 tsp. vanilla
- Non-stick cooking spray



difficulty  
4/10



preparation  
20 min



cooking  
15 min



people  
2

# Cinnamon Wheat Pancakes with Berry Compote

Whole wheat, because it is a good source of fiber may satisfy appetite longer, making it a great option for anyone trying to watch or maintain their weight. Whole wheat is an excellent source of selenium and manganese and a good source of thiamin, niacin and magnesium. Whole grains contain more health promoting phytochemicals than refined grains.

### Directions:

Compote:

1. Combine berries and apple juice in a small saucepan
2. Cook on low for 5 minutes
3. In a separate bowl, combine sugar and cornstarch, and add to the berry mixture
4. Gently stir the contents until it boils
5. Remove from the heat and let the compote cool slightly until it thickens

### Pancakes:

1. Dissolve the baking soda and buttermilk in a small bowl; set aside
2. Combine flour, cinnamon and sugar in a large bowl
3. Blend buttermilk mixture, egg whites and vanilla into flour mixture
4. Spray griddle or pan with cooking spray
5. Ladle pancake mixture onto griddle or pan and cook until golden brown on both sides
6. Serve with berry compote

## INGREDIENTS

‡

1 c. dry oatmeal  
⅔ c. toasted coconut flakes  
½ c. peanut butter or almond butter  
½ c. wheat germ  
½ c. mini chocolate chips or  
chopped raisins  
⅓ c. honey or agave nectar  
1 tbsp. chia seeds  
1 tsp. vanilla extract



difficulty  
4/10



preparation  
15 min



cooking  
–



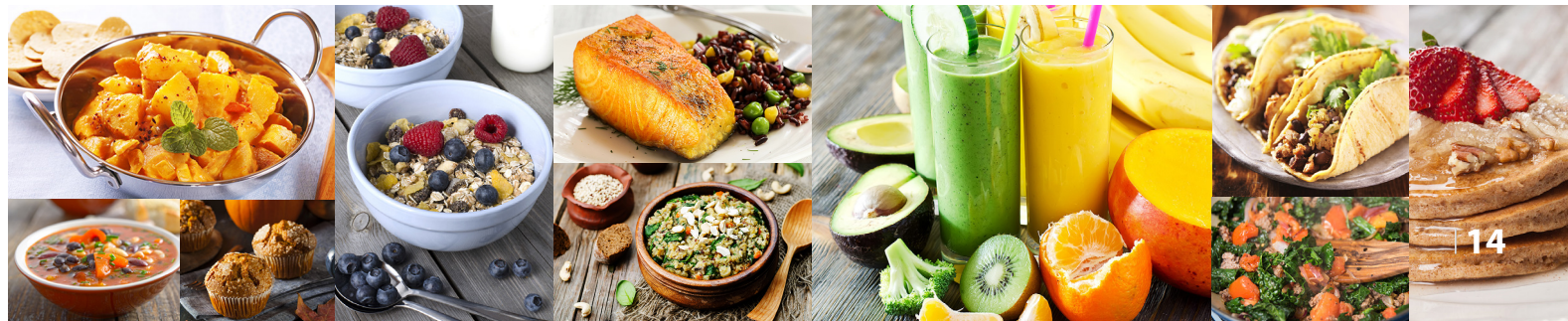
people  
10+

# Energy Bites

Chia seeds are an excellent source for both fiber and Omega-3 fatty acids and contain iron, calcium and zinc. Chia seeds may help with weight maintenance and lowering of cholesterol, triglycerides and blood pressure, because of its nutritional content.

### Directions:

1. Stir all ingredients in medium bowl until mixed thoroughly
2. Refrigerate for about one hour
3. Mold into 1-inch balls and keep in airtight container in refrigerator for about one week





A close-up photograph of a white plate containing several baked stuffed shells. The shells are filled with a creamy mixture and topped with a thick layer of red tomato sauce. Fresh green basil leaves are scattered on top of the shells. The plate is set on a dark wooden surface.

# Main Dishes

## INGREDIENTS



1 (28 ounces) can unsalted whole plum tomatoes (or fire roasted tomatoes)  
1 medium onion, halved, cut lengthwise into half-inch crescents  
2 garlic cloves, chopped  
1 tsp. ground cumin  
1 tsp. ground sweet paprika  
½ tsp. ground ginger  
½ c. cilantro, chopped  
½ c. flat leaf parsley, chopped  
¼ tsp. salt  
Ground black pepper to taste  
20 pieces lg. shrimp (5 per person)  
1 (15 ounces) can chickpeas, rinsed, drained



difficulty  
6/10



preparation  
10 min



cooking  
25 min



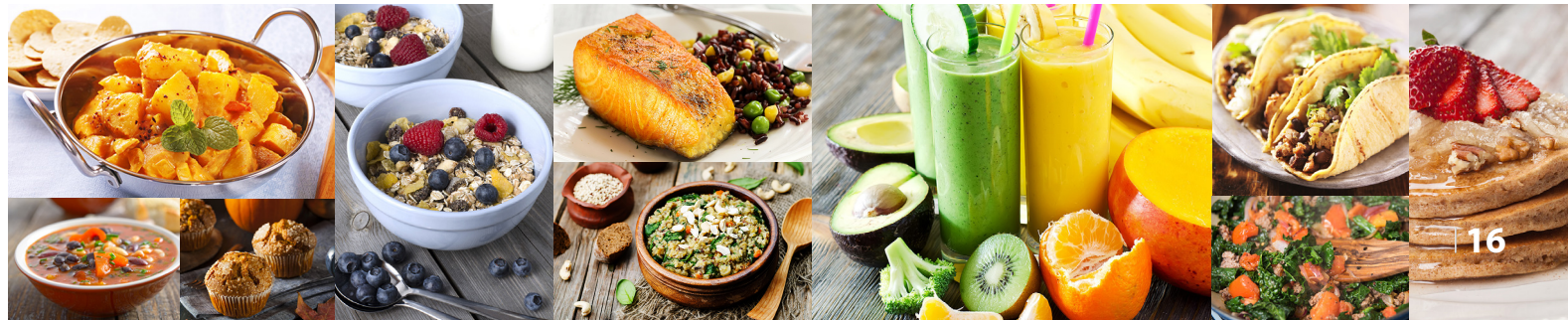
people  
4

# Moroccan Shrimp

Shrimp is a source of omega-3 fatty acids, which may help with inflammation and heart health. It is also low in calories.

### Directions:

1. Take tomatoes individually from can. Holding each over medium-deep skillet, crush tomatoes by hand, letting flesh squeeze through fingers into pan. Reserve ¼ c. liquid remaining in can.
2. Add onion, garlic, cumin, paprika and ginger to pan. Over medium-high heat, bring tomatoes to simmer, stirring to combine all ingredients
3. Mix in cilantro, parsley, salt and generous pinch of pepper. Cover and simmer sauce over medium-low heat for about 15 minutes or until soft
4. Add the shrimp and chickpeas, pushing into sauce. If sauce seems dry, pour ¼ c. of reserved canned tomato juice
5. Cover and simmer gently about 8-10 minutes or until shrimp are an opaque white and chickpeas are heated through. Serve immediately





## INGREDIENTS



10 jumbo pasta shells  
8-12 ounces tofu, silken  
¾ c. Parmesan cheese  
½ c. Mozzarella cheese  
¼ c. medium onion, finely chopped  
4 scallions, finely chopped  
¼ c. oregano  
¼ c. basil leaves (optional)  
2 cloves garlic  
salt & pepper to taste  
1 large egg, lightly beaten  
1 (24 ounces) jar spaghetti sauce



difficulty  
6/10



preparation  
15 min



cooking  
30 min



people  
4-5

# Tofu-Stuffed Shells

Tofu-stuffed shells are a great alternative to traditional stuffed shells. Tofu, which is made from soybean curds, is naturally cholesterol free and is a good source of protein and iron, which makes it a good alternative to meat.

### Directions:

1. Preheat oven to 350 degrees. Cook pasta shells as directed on package, drain and let cool
2. Prepare filling by mixing all remaining ingredients together in a large bowl. Place mixture into shells
3. Line bottom of an 11x7-inch baking pan with half of spaghetti sauce
4. Place stuffed shells in pan and cover with remaining spaghetti sauce
5. Bake for 30 minutes. Sprinkle with Parmesan cheese and serve

**Tip:** Prepare one day in advance to enhance flavor



# Slow-Cooker Cilantro Lime Chicken Tacos

## INGREDIENTS

‡

1 (16 ounces) jar salsa  
3 tbsp. chopped fresh cilantro  
1 (1.25 ounces) package dry taco seasoning mix  
3 pounds skinless, boneless chicken breast halves  
1 lime, juiced  
Romaine lettuce as an alternative



difficulty  
4/10



preparation  
10 min



cooking  
4-8 hours



people  
6

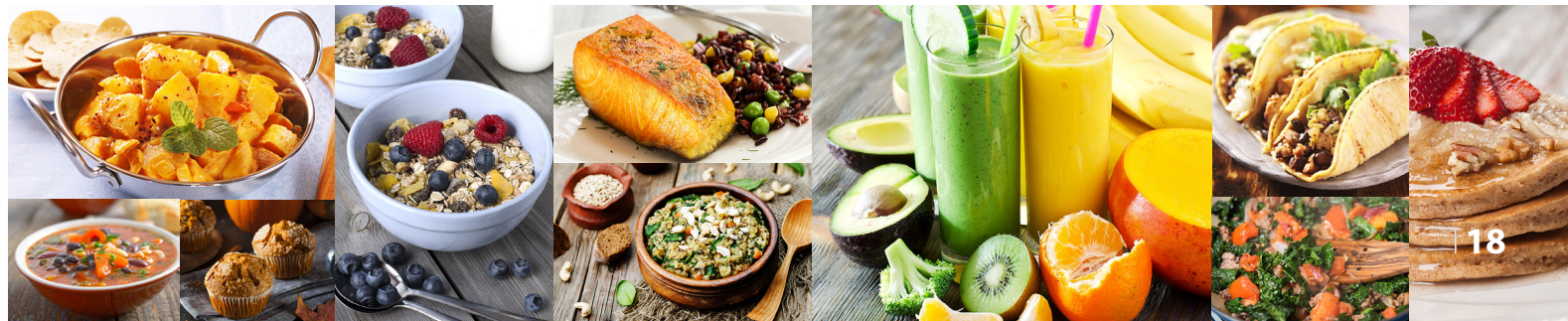
Standard tacos can be full of fat and calories. By swapping a few ingredients such as beef for chicken, and lettuce shells for hard corn shells (or vice versa – hard corn shells for lettuce), tacos can easily fit into most diets. Chicken tacos are also high in protein, making them a great addition to a menu.

### Directions:

1. Place the salsa, taco seasoning, lime juice and cilantro into a slow-cooker, and stir to combine
2. Add the chicken breasts, and stir to coat with the salsa mixture
3. Cover the cooker, set to high, and cook until the chicken is very tender, about 4 hours.

If desired, set cooker to low and cook 6 to 8 hours

4. Shred chicken with two forks
5. Fill lettuce leaf shell with mixture, add shredded cheese, chopped tomatoes or other toppings as desired, and serve



## INGREDIENTS



4 fish fillets, such as cod or halibut,  
about 6 ounces each  
1 tsp. extra virgin olive oil  
salt and freshly ground black  
pepper to taste

### For the relish:

1 ripe mango, peeled, pitted  
and finely chopped  
1 sweet onion, finely chopped  
1 red bell pepper, seeded and  
finely chopped  
1 bunch fresh basil, chopped  
1 tbsp. of capers, drained  
1 tsp. of balsamic vinegar  
1 tbsp. of salsa



difficulty  
5/10



preparation  
30 min



cooking  
15 min



people  
4

# Grilled Fish with Tropical Relish

Fish can add anti-inflammatory omega-3 fatty acids for immune and heart health. The mango in the relish adds fiber, potassium and Vitamins A & C which also can help maintain a healthy immune system.

### Directions:

1. Rinse the fish fillets under cold running water and pat them dry
2. Brush the fillets with olive oil and season with salt and pepper
3. Preheat grill or broiler
4. Meanwhile, prepare the relish by stirring together the mango, onions, peppers, basil, capers, balsamic vinegar and salsa in a bowl
5. Grill the fish on high heat or broil, about 2-3 minutes per side or until desired doneness
6. Spoon the relish over the fish

# Pan Seared Salmon with Orange Fennel Salsa

## INGREDIENTS



### For the salsa:

- 1 fennel bulb sliced thin
- 1 orange cut into sections
- 4 green olives, pitted and sliced
- 1 red pepper sliced thin
- 1 tbsp. drained bottled small capers
- 1 tbsp. olive oil
- 1 tsp. orange juice

### For the salmon:

- 2 tbsp. olive oil
- 2 salmon filets, 6 ounce portions
- 1 tbsp. kosher salt
- 2 tsp. white pepper

Salmon contains plenty of nutrients including omega-3 fatty acids, vitamin D, and many B vitamins, including B6 and B12. Vitamin B12 keeps the nerves and red blood cells healthy and is often a common deficiency in people over 50 years of age.

### Directions:

1. In a mixing bowl, mix all seven ingredients for salsa. Can prep salsa a couple hours before hand
2. Brush salmon filets with olive oil
3. Season fish with salt and pepper
4. In a hot pan sauté salmon seasoned side down until golden brown
5. Remove from pan and finish in 350 degree oven until firm to the touch



difficulty  
4/10



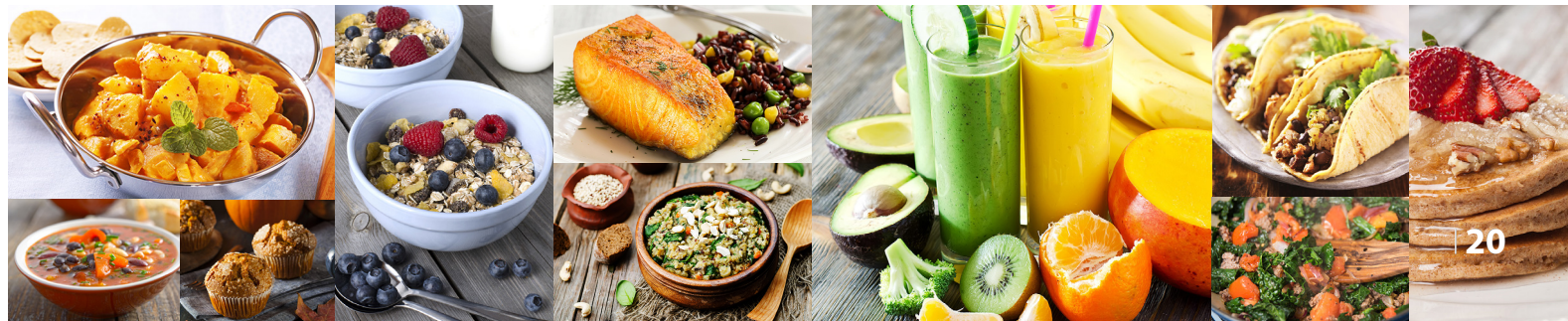
preparation  
15 min



cooking  
30 min



people  
2





## INGREDIENTS



12 ounces frozen cod (orange roughy, tilapia or whitefish can be substituted)

2 tsp. butter or no trans-fat margarine

¼ c. skim milk

4 tsp. grated lemon

1 tsp. grated lemon rind

½ tsp. lemon pepper

2 tsp. dried parsley



difficulty  
4/10



preparation  
10 min



cooking  
20 min



people  
2

# Baked Lemon Fish

Fish contains healthy oils, called omega-3 fatty acids, which may reduce the risk of heart disease, and help with arthritis. Omega-3s can also help with weight and muscle loss in people with cancer.

### Directions:

1. Preheat oven to 350 degrees
2. Thaw frozen fish, place in single layer in a baking dish
3. Mix butter, milk, lemon juice, lemon rind and lemon pepper; pour over fish
4. Sprinkle with dried parsley
5. Bake uncovered for about 20 minutes

$\neq$ 

people  
4

## A collage of 12 images showing various healthy food items: roasted vegetables, fruit and yogurt, salmon, smoothies, tacos, pancakes, soup, muffins, granola, quinoa, avocado, and a salad.

## INGREDIENTS



2 c. quinoa, rinsed and drained  
1/8 tsp. dried sage  
1/8 tsp. ground thyme  
1/8 tsp. ground marjoram  
1/8 tsp. ground nutmeg  
1/8 tsp. dried, crushed rosemary  
1/4 tsp. salt and pepper, mixed  
4 c. vegetable stock  
1/4 c. extra virgin olive oil  
1 tsp. fresh garlic, peeled and minced  
1/2 c. white onion, diced  
1/4 c. carrots, chopped  
1/4 c. celery, chopped  
1/2 c. white mushrooms, diced  
1/2 c. eggplant, diced  
additional 1/4 tsp. salt and pepper, mixed  
1/4 c. fresh Italian parsley, chopped

# Quinoa with Mushrooms & Eggplant Stuffing

Quinoa is a gluten free source of whole grains, which provide fiber, B vitamins, magnesium and some protein.

### Directions:

1. Pour quinoa into a pot; add seasoning and stock. Bring to a boil, then cover and reduce heat to a simmer
2. Allow quinoa to absorb liquid, about 15 to 20 minutes. Remove from heat and let stand 5 minutes, then fluff with a fork
3. In a large sauté pan, heat oil and sauté onion, garlic, carrots, celery, eggplant and mushrooms
4. Continue cooking until vegetables become tender. Season vegetables with salt and pepper to taste and remove from heat
5. Perform the above steps so that both dishes finish at about the same time. Once all steps are done, place in a large bowl and fold together. Check for seasoning, and adjust if necessary. If dishes are created separately, fold together in a baking dish and place in preheated oven to bring stuffing back to a warm temperature
6. Place in serving bowl and garnish



difficulty  
9/10



preparation  
15 min



cooking  
1 hour



people  
2



## INGREDIENTS

‡

¾ c. orange juice  
¾ c. white vinegar  
1 ½ tbsp. ground cumin  
3 tbsp. chopped garlic  
salt, to taste  
pepper, to taste  
1 lb. beef top round, fat trimmed  
and cut into thin strips  
1 medium green bell pepper,  
cut into thin strips  
1 medium onion, cut into thin strips  
8 whole-wheat tortillas  
1 c. low fat shredded cheese  
1 c. salsa



difficulty  
6/10



preparation  
11 min



cooking  
20 min



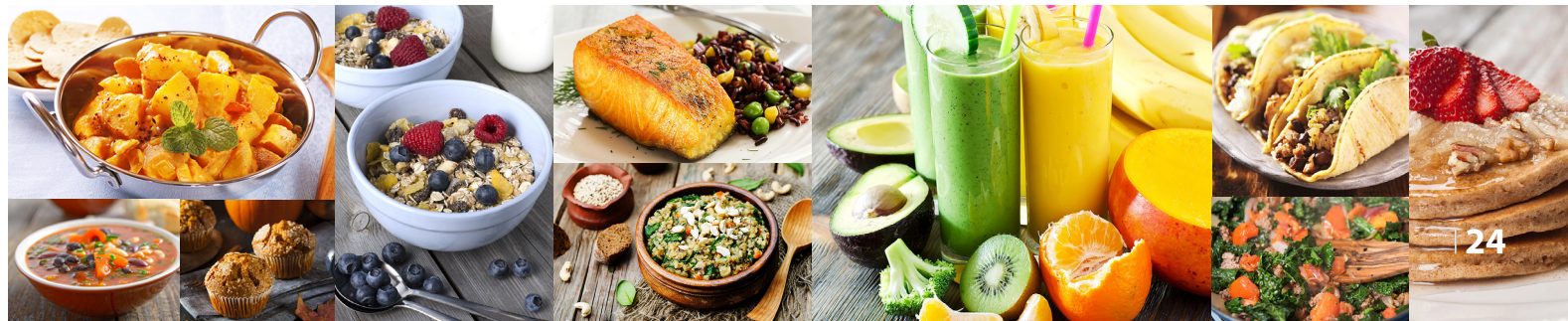
people  
2

# Beef Stir-Fry Fajitas

This meal is only 300 calories and is a great source of protein. The green pepper, orange juice and onion add plenty of vitamins.

### Directions:

1. Combine orange juice, vinegar, garlic, cumin, salt and pepper in a small bowl. Place beef and ½ of marinade in plastic bag and refrigerate for 6-8 hours
2. Place bell pepper, onion and remaining marinade in separate bag. Allow to marinate while meat marinates
3. Remove vegetables from marinade and place in a nonstick skillet over medium heat. Stir-fry about three minutes, or until crisp
4. Remove vegetables from skillet and add meat to skillet. Stir fry for 1-2 minutes
5. Return vegetables to skillet and toss to combine
6. Once cooked, turn heat off and place mixture on tortillas and add cheese and salsa



A close-up photograph of a white ceramic bowl filled with a hearty vegetable soup. The soup has a rich, reddish-orange broth. It is topped with various ingredients including sliced orange carrots, dark kidney beans, light-colored beans, and finely chopped green herbs. A dollop of white cream or cheese is visible on the left side of the bowl. The bowl is placed on a rustic wooden surface. In the background, a piece of bread is partially visible, slightly out of focus.

# Side Dishes



## INGREDIENTS

‡

4-6 c. kale, loosely packed, sliced leaves  
of Italian black (Lacinato, “dinosaur”),  
midribs removed  
juice of 1 lemon  
3-4 tbsp. extra virgin olive oil  
2 cloves garlic, mashed  
salt and pepper, to taste  
hot red pepper flakes, to taste  
⅔ c. grated Pecorino Toscano cheese or  
other flavorful grated cheese such as  
Asiago or Parmesan  
½ c. freshly made bread crumbs from  
lightly toasted bread (optional)  
dried cranberries



difficulty  
4/10



preparation  
10 min



cooking  
–



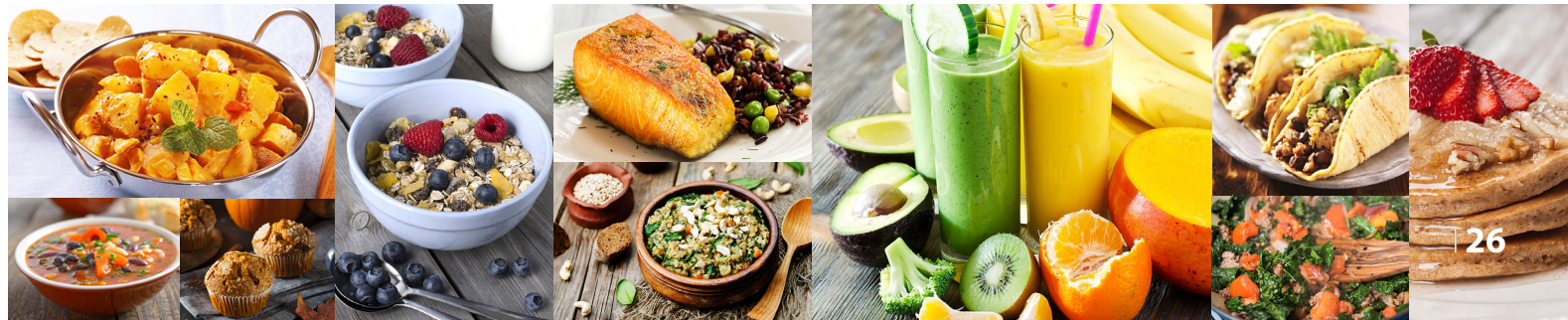
people  
2-4

# Tuscan Kale Salad

Kale is a low calorie, low fat food that contains numerous vitamins and minerals and is also high in fiber which helps the digestive system.

### Directions:

1. Whisk together lemon juice, olive oil, garlic, salt, pepper and a generous pinch (or more to taste) of hot red pepper flakes
2. Pour over kale in serving bowl and toss well
3. Add 2/3 of the cheese and toss again
4. Let kale sit for at least 5 minutes
5. Add bread crumbs, toss again and top with remaining cheese





## INGREDIENTS



15 ounces can of chickpeas,  
drained and rinsed  
2 tbsp. olive oil  
¼ tsp. cayenne pepper  
basil, to taste  
oregano, to taste  
pinch of salt (optional)  
pinch of pepper (optional)



difficulty  
4/10



preparation  
10 min



cooking  
45 min



people  
4-6

# Baked Chickpea Bites

Also known as Garbanzo beans, chickpeas are a good source of protein, making it a great option for vegetarians. A cup full of chickpeas provides more than 70% of daily folate, which is important for cellular health.

### Directions:

1. Preheat oven to 350 degrees
2. Mix olive oil, cayenne pepper, oregano and basil in a small bowl
3. Add chickpeas and toss until coated
4. Place mixture in a single layer baking sheet
5. Bake in the oven for approximately 45 minutes
6. Stir mixture periodically until chickpeas have a light crisp on the outside

# Curry Potatoes, Onion & Chickpeas

## INGREDIENTS

‡

3 tbsp. olive oil  
1- 8 ounces onion, diced  
3 tsp. garlic, minced  
2 potatoes, diced  
3 tsp. turmeric  
3 tsp. curry  
2 tsp. cumin  
1- 15 ounces can of chickpeas,  
drained and rinsed  
1 plum tomato, diced  
salt and pepper, to taste



difficulty  
4/10



preparation  
10 min



cooking  
15 min

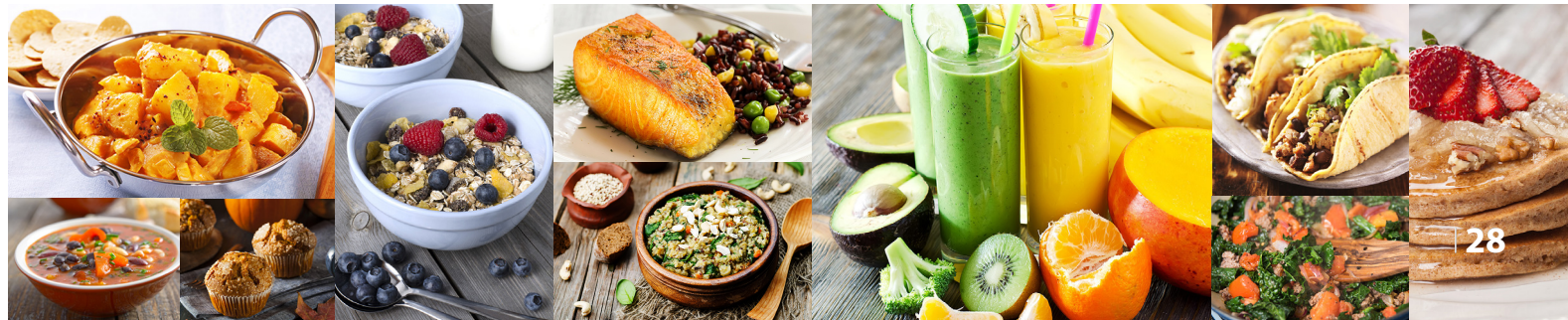


people  
2-4

As the chickpeas offer a great source of protein and fiber, curry potatoes provide plenty of phytochemicals that may protect against cancer.

### Directions:

1. In a small pan, heat oil, then add onions, garlic and potatoes
2. Stir and cook for 10 minutes
3. Add spices and stir
4. Add chickpeas and diced tomatoes
5. Cook another 5 minutes and season to taste with salt and pepper
6. Remove from heat
7. Place on a serving dish and garnish with chopped parsley



## INGREDIENTS



¼ c. of fresh lemon juice  
1 tbsp. of Dijon mustard  
2 tsp. of chopped garlic  
2 tsp. of diced shallots  
1 c. olive oil  
1 tbsp. chopped fresh thyme  
2 tsp. lemon zest  
salt, to taste  
pepper, to taste



difficulty  
2/10



preparation  
5 min



cooking  
–



people  
6-8

# Lemon-Thyme Vinaigrette Dressing

This dressing goes with pasta salad.

### Directions:

1. Pulse fresh lemon juice, Dijon mustard, chopped garlic and 2 diced shallots in a blender
2. Place the blender on low speed and slowly add olive oil until well combined
3. Finish with fresh thyme, lemon zest, salt and pepper



# Butternut Squash & Sweet Potato Soup

## INGREDIENTS

‡

¼ tsp. sea salt (fine)  
1 tbsp. extra virgin olive oil  
1 c. Woodstock Farms organic  
pumpkin seeds  
additional ½ tbsp. extra virgin olive oil  
1 tsp. fresh garlic, peeled and minced  
½ c. white onion, diced  
¼ c. celery, chopped  
¼ c. carrots, chopped  
1 lb. butternut squash, cubed  
1 lb. sweet potatoes, diced  
2 qt. vegetable stock  
½ tsp. ground cinnamon  
½ tsp. ground nutmeg  
¼ tsp. salt and pepper, mixed

Packed with beta carotene, which can be converted to vitamin A, this soup may support the immune system, eyesight, skin, and bone health.

### Directions:

1. Preheat oven to 300 degrees
2. Toss seeds in a bowl with one tbsp. of olive oil and salt
3. Lay in a single layer on a sheet pan and place in oven, stirring occasionally. Bake until golden brown, about 45 minutes. Reserve for garnish
4. Heat ½ tbsp. of olive oil in pot; add squash, sweet potatoes, carrots, celery, onions and garlic. Sauté about 5 minutes, until slightly browned and aromatic
5. Deglaze the pot with stock; add spices and bring to a simmer, then cover. Continue to cook about 40 minutes, until vegetables are tender and ready to puree. Taste and season again, if necessary
6. Pour soup into a blender, no more than halfway full. Cover and hold lid down
7. Pulse in blender a few times before leaving on to blend
8. Puree in batches until smooth. Check for seasoning and adjust, if necessary
9. Serve hot and garnish with toasted pumpkin seeds



difficulty  
9/10



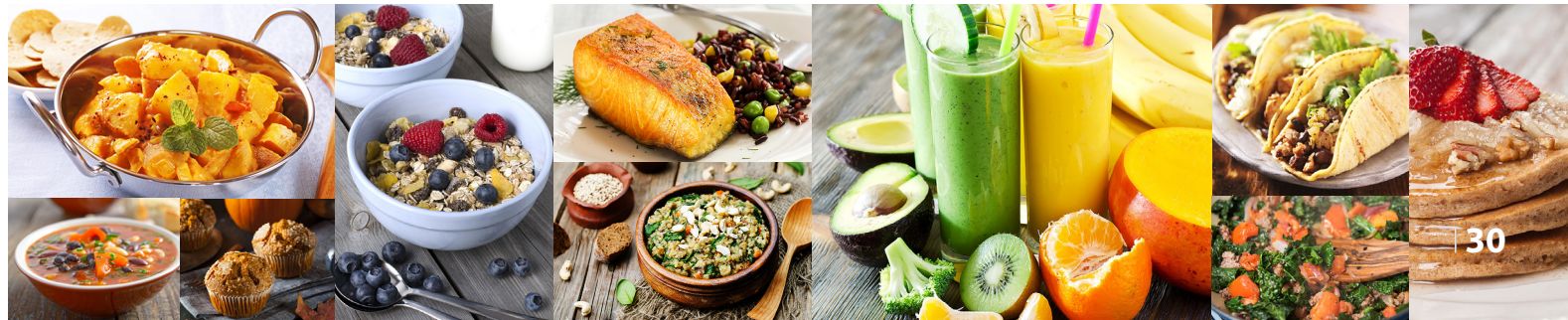
preparation  
30 min



cooking  
1.5 hours



people  
8-10



## INGREDIENTS



2- 15 ounce cans of no-salt added  
black beans, undrained  
½ c. salsa  
1 tbsp. chili powder  
1 tsp. cumin  
1- 16 ounce can fat-free  
low sodium chicken broth  
½ c. shredded low fat sharp  
cheddar cheese  
5 tbsp. low-fat sour cream  
5 tbsp. green onions, chopped  
2 ½ tbsp. fresh cilantro, chopped



difficulty  
4/10



preparation  
10 min



cooking  
11 min



people  
4 servings

# Quick Black Bean Soup

Not only does black bean soup offer a great variety to any diet, but it also contains high levels of iron, fiber, protein, folic acid, potassium and magnesium. The fiber from beans may help lower cholesterol. .

### Directions:

1. Place beans and liquid in a medium saucepan
2. Partially mash beans with potato masher
3. Place over high heat, stir in salsa, chili powder and broth
4. Bring to boil
5. Ladle soup into bowls; top with cheese, sour cream, onions and cilantro



A collection of healthy snack ingredients arranged on a rustic wooden table. In the upper left, a ripe yellow banana and a red apple are positioned next to a white bowl filled with oatmeal, garnished with fresh green herbs. To the right, a clear glass contains a thick, pinkish-red smoothie. In the foreground, two brown eggs and a variety of nuts, including almonds and pecans, are scattered on the wooden surface. A semi-transparent white banner with the word "Snacks" in a large, dark font is centered across the middle of the image.

# Snacks



## INGREDIENTS



3 c. vegetable broth  
2 c. red lentils  
1 medium onion, peeled and chopped  
(yields ½ c.)  
1 tsp. chopped garlic  
1 tsp. ground coriander  
2 tbsp. sour cream  
1 tbsp. lime juice  
2 tbsp. finely chopped fresh cilantro  
⅛ tsp. salt  
⅛ tsp. pepper



difficulty  
5/10



preparation  
15 min



cooking  
25 min



people  
8-10

# Red Lentil Spread

Lentils contain soluble fiber, which may help lower cholesterol and manage blood-sugar. With almost no fat, lentils also provide B Vitamins, and protein.

### Directions:

1. In a medium saucepan, add the broth, lentils, onion, garlic and coriander and bring to a boil. Reduce to a low simmer and cook for 25 minutes, or until the lentils are tender
2. Remove the lentils from the heat, strain and then chill in the refrigerator
3. Once the lentils are cooled, place them in a blender and blend. Then add the sour cream, lime juice, cilantro, salt, pepper, and blend until well combined, scraping down the sides of the blender, as needed

**Tip:** This spread works great on baked tortilla chips or whole-grain crackers. Try this recipe with other lentils, too. Pay attention to cook time because some lentils require longer cooking times than others

## INGREDIENTS

‡

one bunch of curly kale

1 tbsp. olive oil

1 tsp. pepper

¾ tsp. sea salt



difficulty  
3/10



preparation  
10 min



cooking  
11 min



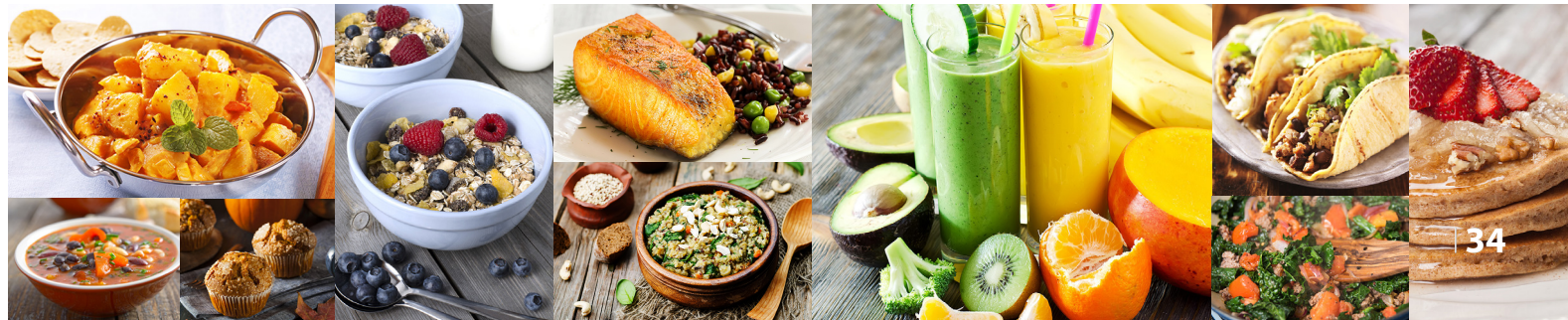
people  
3-4

# Kale Chips

Kale is an excellent source of fiber, folate, many carotenoids and flavonoids, which all may protect against many types of cancer.

### Directions:

1. Preheat oven to 250 degrees
2. Line a non-insulated cookie sheet with parchment paper
3. With a knife, carefully remove the leaves from the thick stems and tear into bite size pieces
4. Wash and thoroughly dry kale
5. Lay kale out on a baking sheet
6. Drizzle kale with olive oil and sprinkle with sea salt and pepper
7. Bake until the edges are brown but not burnt 10-15 minutes
8. Sprinkle with sea salt and pepper



## INGREDIENTS



1½ c. black beans (1 15 ounces can,  
drained and rinsed very well)

2 tbsp. cocoa powder

½ c. gluten-free quick oats

¼ tsp. salt

⅓ c. pure maple syrup or agave

2 tbsp. sugar (or omit and increase  
maple syrup to ½ c.)

¼ c. coconut oil

2 tsp. pure vanilla extract

½ tsp. baking powder

½ c. chocolate chips



difficulty  
5/10



preparation  
10 min



cooking  
20 min



people  
6-8

# Gluten-Free Black Bean Brownies

Black beans provide fiber, potassium, folate and vitamin B6. These may help lower cholesterol, which may reduce risk of heart disease.

### Directions:

1. Preheat oven to 350 degrees
2. Combine all ingredients except chips in a good food processor, and blend until completely smooth
3. Stir in the chips
4. Pour into a greased 8x8 pan
5. Cook the black bean brownies 15-18 minutes
6. Let cool at least 10 minutes before trying to cut. Makes 9-12 brownies

**Tip:** Swap milk chocolate chips for dark chocolate and receive an extra health boost.

Dark chocolate has antioxidants and helps bone, dental, cardiovascular and brain health.



A top-down view of three glasses of smoothies on a rustic wooden surface. The left glass contains a purple smoothie, the middle a pink one, and the right a white one. They are surrounded by fresh fruit: blueberries, strawberries, and a banana. A semi-transparent white banner with the word 'Beverages' is centered over the glasses.

# Beverages



## INGREDIENTS

‡

handful of spinach and kale

3 broccoli florets

1 green apple, sliced and cored—

but leave skin

6-8 ounces coconut water

ice as desired



difficulty

1/10



preparation

5 min



cooking

—



people

1

# Super Green Smoothie

Super Green smoothies are packed with antioxidants, which may protect against many types of cancer.

### Directions:

1. Combine all ingredients in a blender and mix until smooth

## INGREDIENTS

‡

2 scoops soy protein powder  
1 c. unsweetened pineapple juice  
½ c. orange juice concentrate  
1 medium banana  
¼ c. skim milk  
ice as desired



difficulty  
1/10



preparation  
5 min



cooking  
–



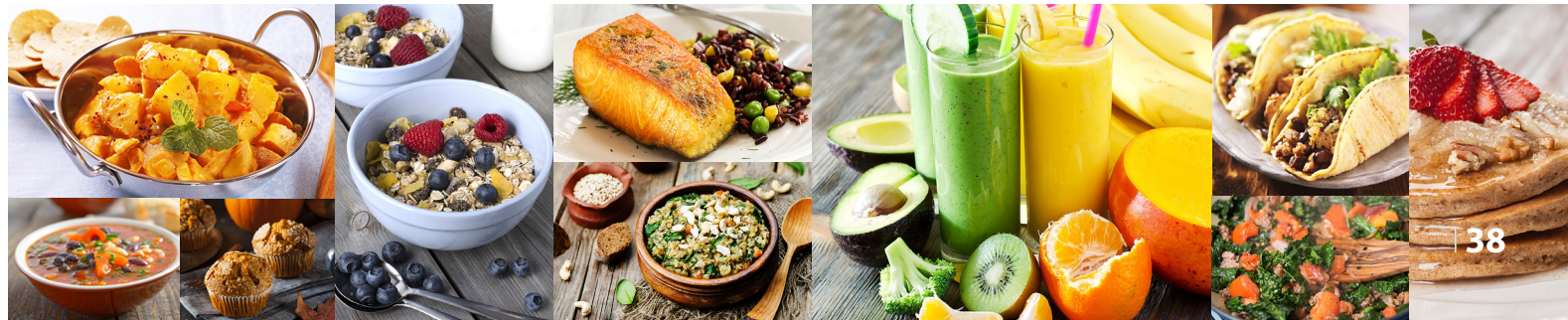
people  
1

# The Islander

This extravagant smoothie contains high amounts of vitamin C, an antioxidant, which may also help maintain a healthy immune system and protect against infection.

### Directions:

1. Combine all ingredients in a blender and mix until smooth





## INGREDIENTS



2 scoops soy protein powder

1 c. frozen strawberries

½ c. orange juice concentrate

¼ tsp. almond extract

ice as desired



difficulty  
1/10



preparation  
5 min



cooking  
–



people  
1

# Strawberry Blast

The strawberries (and orange juice) add vitamin C while also providing fiber and many phytochemicals, which may protect against some types of cancer and satisfy hunger without adding a lot of calories.

### Directions:

1. Combine all ingredients in a blender and mix until smooth

## INGREDIENTS

‡

4 c. of water

3 green tea bags

2 tbsp. honey or agave nectar

5 tbsp. fresh lemon juice

¼ c. ginger, peeled and chopped



difficulty  
2/10



preparation  
45 min



cooking  
–



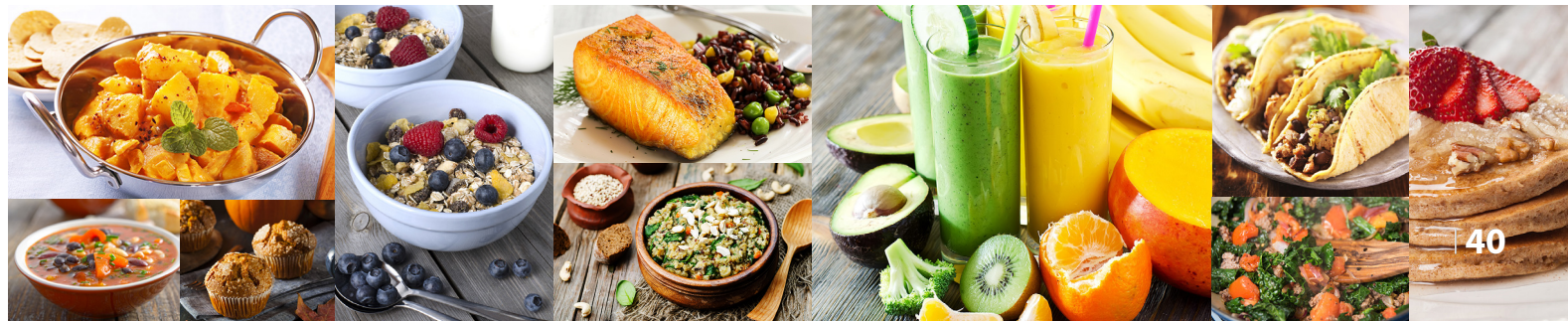
people  
4

# Iced Ginger Green Tea

Green tea contains polyphenols, including Epigallocatechin gallate (EGCG), a strong antioxidant, which is being studied as a cancer preventative agent. The caffeine in green tea may help with physical performance.

### Directions:

1. Heat 3 c. water, honey and ginger in a saucepan until it comes to a boil
2. Reduce heat and simmer for 5-10 minutes
3. Add green tea bags and allow to steep for 20-30 minutes (do not go over an hour)
4. Strain tea mixture into a pitcher
5. Add lemon juice and remaining 1 c. of water
6. Chill and serve over ice



## INGREDIENTS



2 scoops soy protein powder  
½ c. cranberry juice concentrate  
½ c. frozen mixed berries  
ice as desired



difficulty  
1/10



preparation  
5 min



cooking  
–



people  
1

# Berry Slush

Cranberries are a good source of Vitamin C, fiber and phytochemicals with antioxidant activity. The cranberry juice in this smoothie may help alleviate pain from urinary tract infections in some women. In addition to the cranberries, the mixed berries add phytochemicals with antioxidant activity, which help protect cells from damage.

### Directions:

1. Combine all ingredients in a blender and mix until smooth



## INGREDIENTS

‡

2 scoops soy protein powder

¾ c. canned pumpkin

¼ tsp. cinnamon

¼ tsp. nutmeg or allspice

¾ c. frozen apple juice concentrate



difficulty  
1/10



preparation  
5 min



cooking  
–



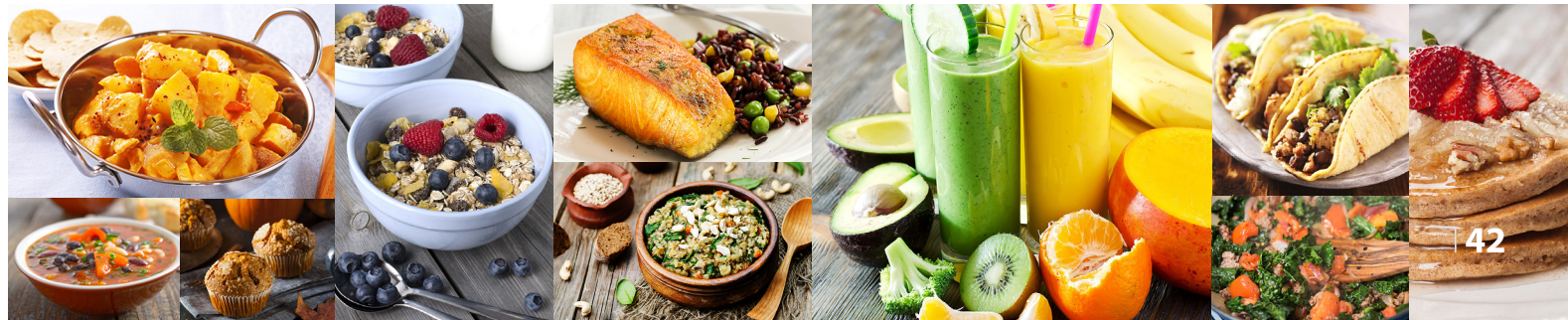
people  
1

# Fall Delight

Pumpkin is an excellent source of Vitamin A and a good source of Vitamin C and fiber. It is also a good source of carotenoids, which are important for immune, cellular, and eye health.

### Directions:

1. Combine all ingredients in a blender and mix until smooth



## INGREDIENTS



2 scoops soy protein powder

8 ounces plain yogurt

½ c. skim milk

¼ c. chocolate syrup



difficulty  
1/10



preparation  
5 min



cooking  
–



people  
1

# Choco-Mondo

This high-protein shake may help with weight and muscle maintenance. The yogurt provides good bacteria to maintain a healthy digestive tract, while also providing calcium and Vitamin D for bone health.

### Directions:

1. Combine all ingredients in a blender and mix until smooth

**Tip:** Swap dark chocolate for milk chocolate and receive an extra health boost. Dark chocolate has antioxidants and helps bone, dental, cardiovascular and brain health.

## INGREDIENTS

‡

½ c. frozen strawberries

½ c. fresh kiwi

½ c. orange juice concentrate



difficulty  
1/10



preparation  
5 min



cooking  
–



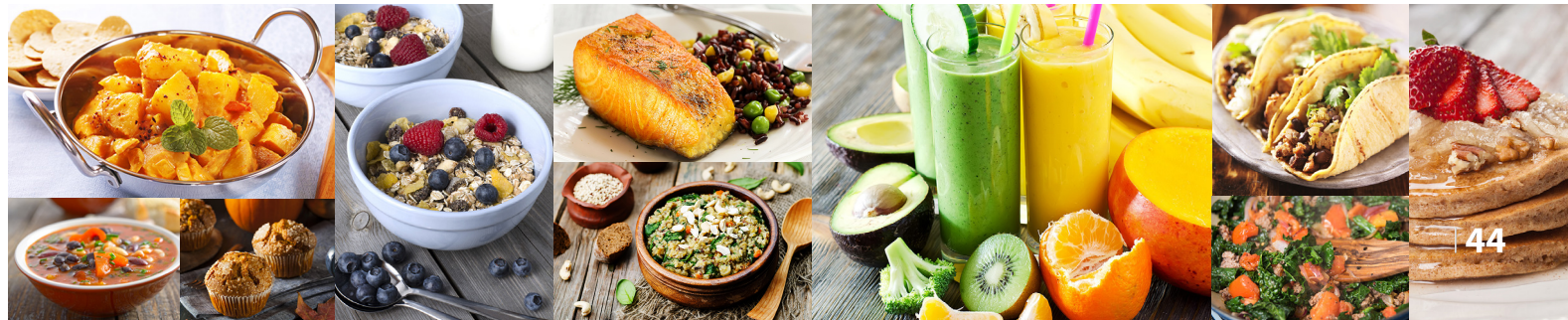
people  
1

# Citrus Shake

This shake provides protein, vitamin C, potassium and dietary fiber.

### Directions:

1. Combine all ingredients in a blender and mix until smooth





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