cancer fighting recipes

Our Community Cookbook

MASONIC CANCER CENTER
UNIVERSITY OF MINNESOTA

the YMCA

In this cookbook:

The Masonic Cancer Center and the YMCA Cora McCorvey Center proudly present the first edition of our community cookbook to help prevent cancer. All of the recipes are contributed by YMCA and Cancer Center members and provide delicious ways to help prevent cancer by using foods known to have cancer-fighting properties. Our greatest successes in fighting cancer come from prevention, and if you use these recipes regularly, you most likely will reduce your chances of getting cancer while having fun and eating well. We hope you enjoy your anti-cancer culinary travels!

Kiara Ellis, MSW
Community Engagement and Education Manager

Velma Harris, MEd
Healthy Living, Program Manager - YMCA Cora McCorvey

MASONIC CANCER CENTER
UNIVERSITY OF MINNESOTA

the YMCA

apple cranberry pecan salad

prep: 10 min | serves: 4

things you need:

6 cups baby spinach

1 Granny Smith Apple, thinly sliced

1/2 cup pecan halves

1/3 cup pomegranate arils

1/3 cup dried cranberries

1/3 cup crumbled goat cheese

lemon vinaigrette:

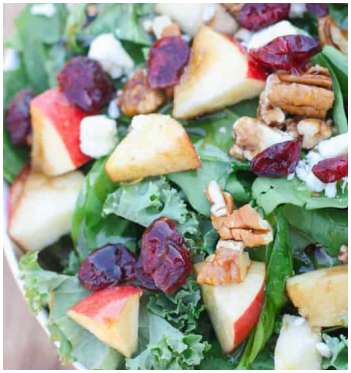
1/4 cup olive oil

1/4 cup apple cider vinegar

1 lemon

1 Tbsp. sugar

1 Tbsp. poppy seeds



MASONIC CANCER CENTER
UNIVERSITY OF MINNESOTA

fruits & veggies

CANCER FIGHTING INGREDIENTS:
spinach & cranberries

directions:

1. To make vinaigrette, whisk together all ingredients until combined, then set aside.

2. Place spinach in a large bowl. Top with remaining ingredients.

3. Pour the dressing on the salad to combine. Serve immediately.

From the kitchen of Dorothy Bugoloni

the YMCA

mini fruit pizzas

prep: 20 min + 5 min to cool

serves: 8-10

things you need:

1 cup strawberries, thinly sliced

4 kiwis, peeled & sliced

4 bananas, sliced

1 cup blueberries

1 package of cream cheese

1 box of graham crackers

MASONIC CANCER CENTER
UNIVERSITY OF MINNESOTA

fruits

CANCER FIGHTING INGREDIENTS:
strawberries, blueberries, & kiwis

directions:

1. Spread 1 Tbsp. cream cheese on each graham cracker.
2. Arrange fruits on cream cheese as desired.

From the kitchen of Sylvette Lopez-Ruth

black bean salsa

prep: 20 min | serves: 8-10

things you need:

1 can of black beans, rinsed and drained

2 tomatoes, diced

1/2 bag of frozen corn, thawed

1 bunch of cilantro

1 red pepper, chopped

1/2 small red onion

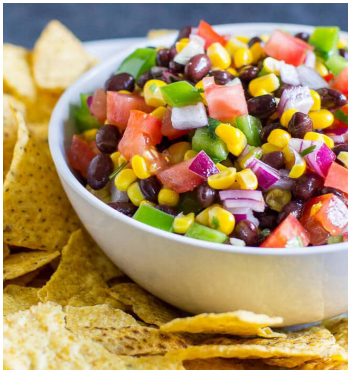
3 cloves of garlic, minced

2 limes

1 avocado, diced

salt & pepper (optional to taste)

baked pita chips or corn torilla chips for serving



MASONIC CANCER CENTER
UNIVERSITY OF MINNESOTA

veggies

CANCER FIGHTING INGREDIENTS:
tomatoes & onions

directions:

1. Mix all ingredients in a large bowl.
2. Add salt and pepper to taste.
3. Serve with pita baked or tortilla chips.

From the kitchen of Velma Harris

crispy balsamic brussels sprouts

prep: 30 min | serves: 4

things you need:

1 lb fresh brussels sprouts

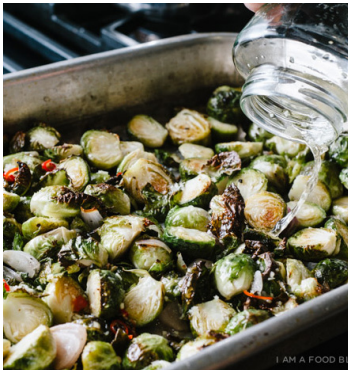
1.5 tsp. olive oil

2.5 tsp. balsamic vinegar

2 cloves fresh garlic, minced

1/2 tsp. salt

1/4 tsp. black pepper



MASONIC CANCER CENTER
UNIVERSITY OF MINNESOTA

veggies

CANCER FIGHTING INGREDIENTS:
brussels sprouts

directions:

1. Preheat oven to 450°F. Cover baking sheet with foil and set aside.
2. Rinse sprouts in cool water and chop off tough ends. Chop sprouts in half.
3. Whisk together oil, half balsamic vinegar, minced garlic, salt, and pepper.
4. Drizzle over chopped sprouts and toss. Spread the sprouts evenly over the baking sheet.
5. Roast for 20-25 min.
6. Drizzle remaining vinegar, and sprinkle with salt to taste.

From the kitchen of Kiara Ellis

cauliflower lettuce salad

prep: 1 hr 15 min | serves: 12

things you need:

1 head/bag of lettuce

2/3 head cauliflower, chopped finely

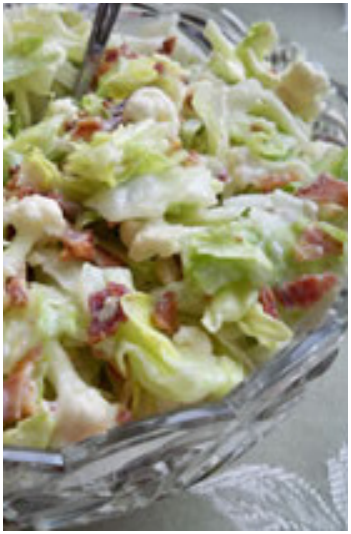
6 Tbsp. parmesan cheese

dressing:

1/2 cup mayonnaise

1/2 cup miracle whip

1/4 cup sugar



MASONIC CANCER CENTER
UNIVERSITY OF MINNESOTA

veggies

CANCER FIGHTING INGREDIENTS:
cauliflower & lettuce

directions:

1. Toss lettuce and cauliflower together.

2. Just before serving, mix with dressing. In small intervals, add small portions of the dressing. Stir in dressing to your taste.

From the kitchen of John Pikala
& Christoper Tibbett

the YMCA

portuguese sausage-kale soup

prep: 55 min | serves: 6-8

things you need:

6 oz turkey kielbasa, sliced

1 large onion, chopped

1 large clove garlic, chopped

1 tsp. olive oil

1 lb fresh kale washed and chopped

2 cans reduced sodium chicken broth

4 cups water

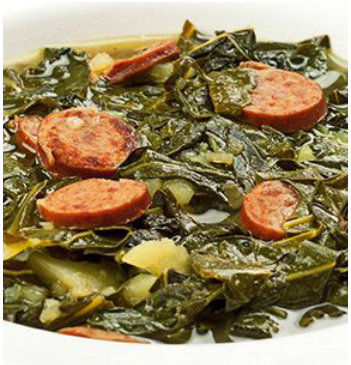
2 carrots, sliced

1 tsp. dried leaf, marjoram

1/2 tsp. salt

1/8 tsp. pepper

cooked rice (optional)



MASONIC CANCER CENTER
UNIVERSITY OF MINNESOTA

veggies

CANCER FIGHTING INGREDIENTS:
kale & onions

directions:

1. Sauté kielbasa, onion, and garlic in oil in a large pot over medium heat for 10 minutes.
2. Coarsely chop kale.
3. Add to the pot: chicken broth, water, carrot, marjoram, salt, pepper, and fresh chopped kale.
4. Bring to boiling, then lower heat and cover.
5. Serve hot, over rice (optional).

From the kitchen of Beverly Lutz

broccoli toss salad

things you need:

Two Bundles of broccoli

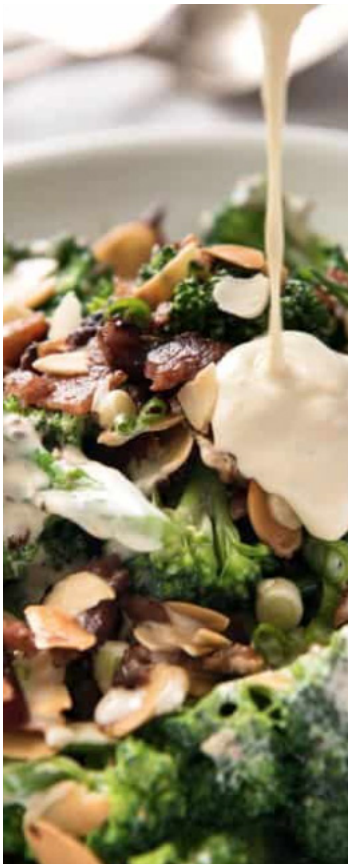
1/2 Cup of sunflower seeds

1/2 Cup of raisins

1/2 Cup of shredded cheddar cheese

1/2 of bacon bits

Ranch dressing



MASONIC CANCER CENTER
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veggies

CANCER FIGHTING INGREDIENTS:
broccoli

directions:

1. Ranch dressing to taste & toss

From the kitchen of Sonya Parzo

crock pot vegetable lentil stew

prep: 4-10 hrs | serves: 8

things you need:

2 Tbsp. olive oil

2 bay leaves

2 tsp. salt (optional)

1 large onion, sliced

3 cloves garlic, minced

1 cup carrot, chopped

2 cups kale, chopped

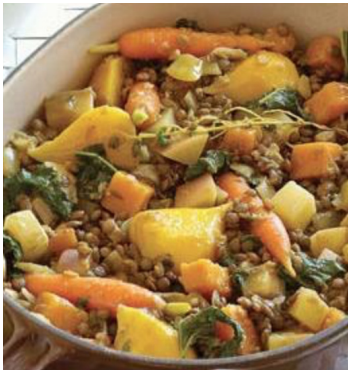
2 cups chard, chopped

2 cups dried lentils

8 cups vegetable broth (or stock)

16 oz. can chopped tomatoes

add in any other vegetables you want



MASONIC CANCER CENTER
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veggies

CANCER FIGHTING INGREDIENTS:
onions, carrots, kale, & tomatoes

directions:

1. Saute Oniones and garlic with olive oil.
2. Combine saute mix with the rest of the ingredients in a crock pot
3. Cook on low for 8-10 hours or high for 4-6 hours
4. Spoon stew into bowls to serve and top with a dollop of fat-free or low-fat plain yogurt (plain)

From the kitchen of Beth Baker

lots of veggies

prep: 25 min

things you need:

12 oz. bag of frozen whole Okra (thawed)

10 oz. bag of frozen leaf spinach (thawed)

1 fresh large tomato (chopped)

1 medium onion (chopped)

4 cloves of garlic (minced)

Olive Oil

1 tsp cumin powder

1/4 tsp cayenne pepper

salt (optional to taste)

MASONIC CANCER CENTER
UNIVERSITY OF MINNESOTA

veggies

CANCER FIGHTING INGREDIENTS:
spinach, tomatoes, and onions

directions:

1. Saute Oniones and garlic in olive oil.
2. Add cumin and curry powder.
3. Next add whole Okra and saute for about 10 min.
4. Add Spinach, salt and cayenne pepper to taste.
5. Cover and continue to cook for another 10 min.
6. The last five minutes, add chopped tomatoes and continue to cook for about 5 min.
7. Serve over brown rice

From the kitchen of Velma Harris

healthier apple crisp

prep: 20 min

things you need:

4 apples (medium)

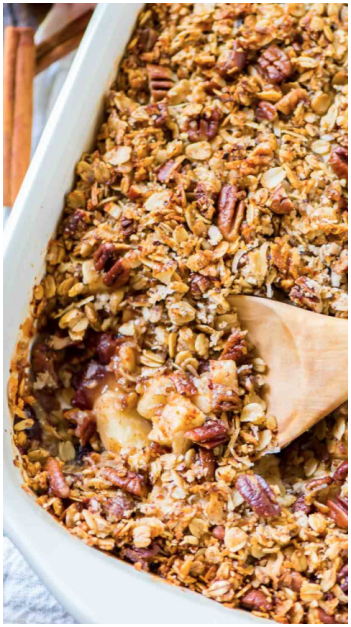
1/4 cup oatmeal (quick cooking)

1/4 cup flour (can replace wheat flour with oat, rice, or other flour for gluten free)

1/2 cup brown sugar (may use splenda, follow replacement directions on their package)

1 Tbsp. cinnamon

1/4 cup margarine



MASONIC CANCER CENTER
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fruits

CANCER FIGHTING INGREDIENTS:
apples

directions:

1. Preheat the oven to 350°F
2. Grease the bottom and sides of the 8 x 8 pan
3. Remove the cores from the apples. Slice the apples.
4. Spread the sliced apples on the bottom of pan
5. Cut the margarine into small pieces and put in a medium-sized bowl.
6. Add the oatmeal, flour, brown sugar, and cinnamon
7. Using two knives, cut the margarine into the mixture until it looks like small crumbs.
8. Sprinkle the mixture over the top of the apples.
9. Bake in the oven for about 20 minutes.

From the kitchen of Velma Harris

the YMCA

warm dilled potato salad

serves: 8

things you need:

7 Tbsp. vinegar

3 Tbsp. olive oil

1 1/2 tsp. snipped fresh dill or 3/4 tsp. dried

1 lb. baked tofu

1/2 tsp. natural sugar

5 cups potatoes, cut into chunks

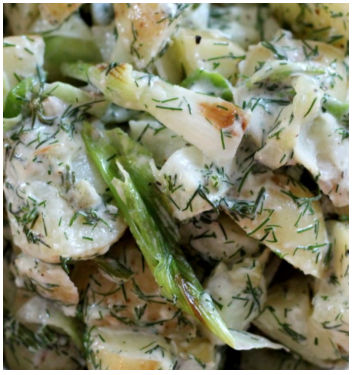
2 cups fresh brussel sprouts, halved if large

1/3 cup dried tomatoes (12 halves) soaked in 2/3 cup hot water

2/3 cup sliced green onion

1 1/2 tsp. salt

1/2 tsp. pepper



MASONIC CANCER CENTER
UNIVERSITY OF MINNESOTA

veggies

CANCER FIGHTING INGREDIENTS:
brussels sprouts, tomatoes, & onions

directions:

1. Mix the vinegar, oil, dill, salt, and pepper to make the dressing.
2. Marinade the tofu in 1/3 of the dressing for 1/2 hour. Meanwhile, steam the potatoes and brussels sprouts separately until tender.
3. Remove the potatoes to a serving bowl.
4. Quickly rinse the brussels sprouts under cold water to retain their bright color. Add them to the potatoes.
5. Drain tomatoes and cut into slivers. Add together with the onions to the potatoes.
6. Gently fold in the baked tofu and marinade.
7. Pour the remaining dressing onto the salad and toss gently to coat. Serve warm or cold.

From the kitchen of Marianna Padilla

the YMCA

beet, orange, & olive salad

serves: 8

things you need:

9-10 medium beets, trimmed & scrubbed (6 cups)

3 blood oranges, halved (3/4 cups juice)

3/4 cup kalamata olives, pitted

1 Tbsp & 2 tsp. balsamic vinegar

3 Tbsp. olive oil

3 Tbsp. grated fresh ginger root

3 Tbsp. chopped fresh chives

1 tsp. salt

MASONIC CANCER CENTER
UNIVERSITY OF MINNESOTA

fruits & veggies

CANCER FIGHTING INGREDIENTS:
beets

directions:

1. Steam beets until tender. Run under cold water to remove skins and cool beets.
2. Cut into 1/4 inch cubes and places in a large bowl.
3. Squeeze the juice from the oranges over the beets.
4. Add the olives, vinegar, oil, ginger, and chives.
5. Toss to coat well and let sit for 5 minutes
6. Season with the salt.

From the kitchen of Marianna Padilla

the YMCA

warm lentil & vegetable salad

serves: 8

things you need:

1 1/2 cup French green lentils, sorted to remove stones, & rinsed

3 cups water

30 Brussels sprouts, trimmed, & halved

4 cups sweet potatoes, cut into 1/2" cubes

1 1/2 cup scalions, diagonally cut

1/2 cup brown rice vinegar

1/4 cup sherry vinegar

1/2 cup olive oil

3/4 cup walnuts, roasted & chopped

2 Tbsp. fresh dill (or 2 tsp. dried)

1 Tbsp. salt

1/2 tsp. pepper

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veggies

CANCER FIGHTING INGREDIENTS:
brussels sprouts

directions:

1. Cook lentils in water until soft, but not mushy, about 1 hour. Drain if necessary.
2. Steam brussels sprouts and sweet potatoes separately until tender, yet firm.
3. Mix. lentils with vegetables in a large salad bowl.
4. Blend vinegars, oil, and garlic together until smooth in a blender. Toss into salad with walnuts and dill.
5. Season with salt and pepper, and mix gently.
6. Serve warm as a salad or in toasted pita breads

From the kitchen of Marianna Padilla

the YMCA

quinoa salad

things you need:

1 cup quinoa (cook as directed)

1/4 cup olive oil

2 limes, juiced

2 tsp. cumin

1 tsp. salt

1/2 tsp. pepper flakes

1 1/2 cups cherry tomatoes, 1/2" sliced

1 can black beans, drained

5 green onions, sliced

1/4 cup fresh cilantro

salt & pepper to taste

MASONIC CANCER CENTER
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veggies

CANCER FIGHTING INGREDIENTS:
tomatoes & onions

directions:

1. whisk olive oil, lime, cumin, salt. and red pepper flakes together.

2. Combine quinoa, beans, tomatoes, and onions and pour dressing over.

From the kitchen of Velma Harris

grandma nan's cabbage goulash

things you need:

1 1/2 lbs. ground beef

2 medium cabbages (or large)

1 to 2 cans stewed tomatoes, season salt, black pepper, salt

1 cup water

MASONIC CANCER CENTER
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veggies

CANCER FIGHTING INGREDIENTS:
tomatoes

directions:

1. Brown ground beef with season salt, black pepper

2. In a large pan fill with cup of water

3. Cut up cabbage, place ground beef on top of cabbage, cans of stewed tomatoes (cut up), more season salt, black pepper, salt to taste.

4. Mix together until cabbage is cooked.

5. Serve with corn bread.

From the kitchen of Sharon Smith

good earth casserole

serves: 4 to 6

things you need:

brown rice pilaf

2 Tbsp. oil

3/4 cup brown rice, uncooked

1 small onion, chopped

1/2 tsp. salt

1/4 tsp. ground ginger

1/4 tsp. oregano

1 1/2 cups chicken or vegetable broth

vegetable mixture

1 cup coarsely chopped walnuts

3 Tbsp. vegetable oil

2 medium onions, quartered and sliced

1/2 lb. mushrooms, sliced

3 cups thinly sliced broccoli stems and bite-sized flowerets

1/2 cup slivered water chestnuts

1 clove garlic, minced

1 Tbsp. soy sauce

1/2 cup dairy sour cream

1/4 lb. monterey jack cheese, shredded

1/4 lb. cheddar cheese

orange slices for garnish

MASONIC CANCER CENTER
UNIVERSITY OF MINNESOTA

veggies

CANCER FIGHTING INGREDIENTS:
onions & broccoli

directions:

1. Cook lentils in water until soft, but not mushy, about 1 hour. Drain if necessary.
2. Steam brussels sprouts and sweet potatoes separately until tender, yet firm.
3. Mix. lentils with vegetables in a large salad bowl.
4. Blend vinegars, oil, and garlic together until smooth in a blender. Toss into salad with walnuts and dill.
5. Season with salt and pepper, and mix gently.
6. Serve warm as a salad or in toasted pita breads

From the kitchen of Marianna Padilla

celery, apple, onion butternut squash stuffing

serves: 8

things you need:

6 C. croutons

1-2 tbsp. poultry seasoning

One butter squash (around 1 lb.)

(Chopped the same size as bread crumbs)

2 tbsp. extra virgin olive oil

1/2 tsp all spice

1/2 tsp nutmeg

Salt & pepper

One stick of butter divide

5-6 ribs of celery hearts chopped about two cuts

One large onion chopped

Two large crisps apples such as honey crisps, Braeburn, left unpeeled and diced

Two large bay leaves

1/2 Cup of loosen packed herbs such as fresh parsley, sage, and thyme finely chopped

1quart of chicken or turkey stock

3 Tbsp. chopped fresh chives

1 tsp. salt

MASONIC CANCER CENTER
UNIVERSITY OF MINNESOTA

fruits & veggies

CANCER FIGHTING INGREDIENTS:
onions & apples

directions:

1. Preheat the oven 375 degrees
2. If making your own breadcrumbs dice half the bread in 1/2 inches dice. Place the other half bread into a food processor and process into large crumbs spread the bread over 2 large shallow baking pans and sprinkle with around poultry seasoning and bake in upper and lower third of oven.
3. Stirring occasionally and switching positions of pan half way through baking until completely dry.
4. About 25 minutes transfer bread to a large bowl on a sheet tray, mix butternut squash with olive oil, all spices, nutmeg, salt & pepper.
5. Roast until nice and crisp, around 10-15 min.

From the kitchen of Marianna Padilla

the YMCA

No GMO cookies & ice “cream” shakes

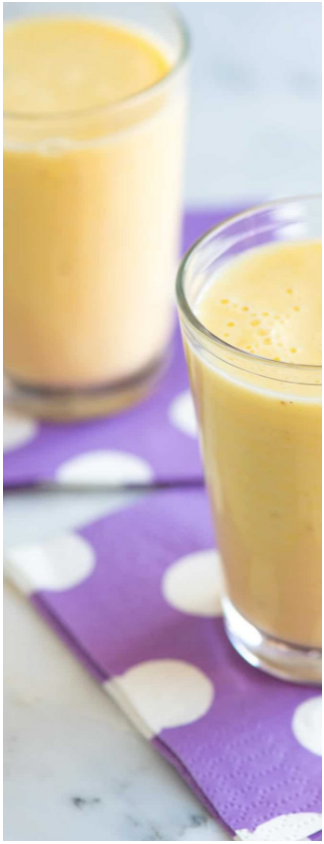
things you need:

2-3 fresh bananas

Fresh or frozen berry mix

Fresh or frozen Tropical fruit mix

Use half a cup of warm water, not milk



MASONIC CANCER CENTER
UNIVERSITY OF MINNESOTA

fruits

CANCER FIGHTING INGREDIENTS:
berries

From the kitchen of Darrell Simms

sprouts & cheese

things you need:

10-12 baby Brussel Sprouts

Seasoning (no salt)

Cheese

MASONIC CANCER CENTER
UNIVERSITY OF MINNESOTA

veggies

CANCER FIGHTING INGREDIENTS:
brussels sprouts

directions:

1. Boil brussel sprouts

2. Season lightly

3. Place in bowl and sprinkle as much cheese as you'd like. The more cheese, the better.

From the kitchen of Darrell Simms

mixed veggie stir fry

things you need:

Raw green and yellow peppers (optional)

One yellow squash

One zucchini

One carrot

1/2 - 1 lb. green string beans

Fresh or frozen corn

Garlic

Onions

Butter or olive oil

MASONIC CANCER CENTER
UNIVERSITY OF MINNESOTA

veggies

CANCER FIGHTING INGREDIENTS:
peppers, carrots, & onions

directions:

1. Slice veggies, except green beans and corn.
2. Melt butter or oil in pan over medium heat.
3. Stir-fry until vegetables are soft.

From the kitchen of Ursa Simms-Asiedu

the YMCA

green beans & potatoes

things you need:

Six bunch of fresh green beans

2 slices of bacon (fried or baked) and crumbled

4 white potatoes (diced or quartered)

1/4 clove garlic (smashed or chopped)

One box chicken broth

1 tsp butter

1/4 cup minced onion

MASONIC CANCER CENTER
UNIVERSITY OF MINNESOTA

veggies

CANCER FIGHTING INGREDIENTS:
onions

directions:

1. Clean and trim green beans.
2. Fry or bake the bacon and drain grease.
3. Wash potatoes and quarter or dice.
4. Put chicken broth in pot, toss in garlic, and bring to a boil.
5. Add green beans and crumbled bacon.
6. Toss in garlic, bring to a boil, and reduce heat and cover.
5. Cook until desired texture. Toss in potatoes on top of the green beans, add teaspoon of butter and natures season and black pepper.
6. Reduce heat and cover until potatoes are tender. Add minced onion and serve.

From the kitchen of Kimberly Lovett

At the Masonic Cancer C
study how we can use f

CANCER FIGHTERS

Fruits and vegetables that may help you live h

of fruits and vegetables. Be sure to choose fruits and vegetables of a variety of co

Category: Blue/purple

Examples
Fruits: Blueberries, black berries, purp
Vegetables: Purple asparagus, purple c
and purple Belgian endive

Category: Green

Examples
Fruits: Green apples, green grapes, hon
and green pears
Vegetables: Artichokes, arugula, aspara
green beans, green cabbage, celery, cu
lettuce, peas, spinach, watercress, and

Category: White

Examples
Fruits: Bananas, white nectarines, and
Vegetables: Cauliflower, garlic, kohlrab
potatoes (white fleshed), and turnips

Category: Yellow/Orange

Examples
Fruits: Yellow apples, apricots, cantalou
nectarines, oranges, peaches, pineappl
Vegetables: Butternut squash, carrots,
pumpkin, yellow summer and winter sq
sweet corn, and yellow tomatoes

Category: Red

Examples
Fruits: Red apples, cherries, cranberrie
raspberries, strawberries, and waterme
Vegetables: Beets, red peppers, radish
rhubarb, and tomatoes

er Center, our researchers
se food to fight cancer.

live healthier Use this chart as a guide for selecting your five-a-day servings
ariety of colors to get the most preventive and risk reduction benefit.

rries, purple grapes, plums, and raisins us, purple cabbage, eggplant,	**Some beneficial natural ingredients** Phenolic acids, fiber, indoles, coumarins, and anthocyanins
grapes, honeydew melon, kiwi fruit, limes, gula, asparagus, broccoli, brussel sprouts, celery, cucumbers, endive, leafy greens, cress, and zucchini	**Some beneficial natural ingredients** Flavonoids, phenolic acids, Vitamin C, glucarates, indoles, and isothiocyanates
rines, and white peaches lic, kohlrabi, mushrooms, onions, turnips	**Some beneficial natural ingredients** Fiber, flavonoids, phenolic acids, indoles, selenium, allicin, and isothiocyanates
ts, cantaloupe, grapefruit, lemon, mangoes, s, pineapple, and tangerines h, carrots, yellow peppers, yellow potatoes, d winter squash, sweet potatoes, toes	**Some beneficial natural ingredients** Flavonoids, phenolic compounds, carotenoids, Vitamin C, and fiber
cranberries, red grapes, pink grapefruit, nd watermelon ers, radishes, red onions, red potatoes,	**Some beneficial natural ingredients** Flavonols, fiber, phenolic compounds, carotenoids, and anthocyanins

The 5 A Day Program and how it works • The 5 A Day for Better Health Program aims to encourage people to increase their consumption of fruits and vegetables to 5 to 9 servings a day. Eating five servings or more of a variety of colorful fruits and vegetables every day may help you reduce your risk for some types of cancer and other diseases, according to the National Cancer Institute (NCI) and the Produce for Better Health Foundation.

Fruits and vegetables have nutrients called phytochemicals. Research findings show that phytochemicals may:

- Act as antioxidants
- Stimulate detoxification enzymes
- Positively affect hormones
- Act as antibacteria; or antiviral agents
- Stimulate the immune system

What is a serving size?

Any of these items qualify as one serving size:

- Medium-sized piece of fruit
- 3/4 cup (6 oz) of 100% fruit or vegetable juice
- 1/2 cup cooked or canned vegetables or fruit
- One cup of raw, leafy vegetables
- 1/2 cup cooked dry peas or beans
- 1/4 cup dried fruit

Diets rich in fruits and vegetables may lower the risk for cancers of the lung, mouth, pharynx, esophagus, stomach, colon and rectum, breast, pancreas, ovaries, larynx, and bladder. *Food, Nutrition and the Prevention of Cancer: A Global Perspective* reviewed thousands of studies done by researchers around the world and found cancer rates could be reduced by more than 20 percent if people increased their intake of fruits and vegetables to at least five servings a day. While eating fruits and vegetables may make a difference, please note:

- No single fruit or vegetable reduces cancer risk. Rather, eating five servings or more of a variety of fruits and vegetables helps lessen risk.
- Only fruits and vegetables, not pills and supplments, provide the beneficial phytochemicals.
- Healthy eating coupled with healthy living leads to better health. In addition to consuming lots of fruits and vegetables, do not smoke, watch your weight, exercise, know your risk factors, and follow the screening guidelines for cancer plus other recommendations from your health care provider.

my notes

my notes

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In partnership with
YMCA Cora McCorvey Center

the YMCA

cancer.umn.edu
Cancer info line: 612-624-2620

Cancer Fighting Recipes: Our Community Cookbook

green beans & potatoes

things you need:

Six bunch of fresh green beans

2 slices of bacon (fried or baked) and crumbled

4 white potatoes (diced or quartered)

1/4 clove garlic (smashed or chopped)

One box chicken broth

1 tsp butter

1/4 cup minced onion

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