

**Living Well Cancer Resource Center: Eating Well
March 2020**

Anti-Inflammatory Foods To Eat

Grilled Coleslaw with Lemon-Herb Vinaigrette

Roasted Bell Pepper Salad with Mozzarella & Basil

Avocado & White Bean Sandwich

Salmon with Curried Yogurt & Cucumber Salad

Berry-Walnut Chicken Salad

Egg in an Avocado

Kale & Wheat Berry Salad with fresh cherry dressing

Candied Beet Salad with pumpkin seeds, blue cheese & cranberries

Baked Salmon with honey mustard sauce

Purple abundance bowl with Turmeric dressing

Turmeric-Ginger Tea

Yellow Pepper & Corn Salad with Turmeric Dressing

Stir fried Salmon & Peppers

Tangy Texas Salsa

Zucchini Spinach Vegetarian Lasagna

Roasted Nuts: Spiced Toasted Almonds & Maple-Glazed Walnuts

Grilled Coleslaw with Lemon-Herb Vinaigrette

Ingredients:

½ small green cabbage (12 oz.)

¼ small red cabbage (12 oz)

1 large carrot

4 Tbsp. Olive oil, divided

1 large lemon, halved

1 Tbsp. Minced shallot

1 ½ tsp. Honey

½ tsp. Black pepper

2 Tbsp. Chopped fresh herbs, such as dill, parsley, and/or basil

Directions:

Cut each cabbage into 3 wedges trying to keep an equal portion of the core attached to each wedge to hold together. Brush with oil

Grill the vegetables (or roast), turning occasionally until lightly, charred & starting to soften 10-15 minutes. Grill lemon cut side down until grill marks, about 4 minutes.

Juice the lemon halves into a large bowl. Whisk in the remaining olive oil, shallot, honey & pepper. Stir in herbs.

Chop the vegetables into ½ inch pieces. Add to the bowl and toss with the dressing.

Serves: 4

Calories: 180, Fat: 12 g, CHO: 13 g, Protein: 2 g, Fiber: 3 g, Sodium: 180 mg

Roasted Bell Pepper Salad with Mozzarella & Basil

Ingredients:

4 medium sweet bell peppers, quartered & seeded

4 ounces fresh mozzarella, torn

3 Tbsp. Torn fresh basil leaves

1 ½ Tbsp. Olive oil

1 Tbsp. Balsamic glaze

½ tsp. Ground pepper

Directions:

Preheat broiler to high.

Broil peppers, turning once, until soft & charred, about 10 minutes.

Arrange the peppers on a serving platter & top with mozzarella, basil, oil, balsamic glaze & pepper.

Serves: 4. 1 cup each

Calories: 166, Fat: 13 g, Sat. Fat: 5 g, CHO: 9 g, protein: 6 g, Fiber: 1 g, Sodium: 150 mg

Avocado & White Bean Sandwich

Ingredients:

2 medium avocado
1 (15 oz) can white beans, rinsed & drained
2 Tbsp. Lemon juice
1 Tbsp. Olive oil
1 clove garlic, grated
¼ tsp. Chopped fresh thyme
¼ tsp. Ground pepper
8 slices whole-wheat bread, toasted
1 cup chopped jarred roasted red peppers, rinsed
8 thin slices Sharp Cheddar cheese (about 4 ounces)
4 cups baby lettuce

Directions:

Mash avocados, beans, lemon juice, oil, garlic, thyme & pepper in a medium bowl until well combined, but still slightly chunky.

Divide among 4 slices of bread (1/2 cup each). Top each sandwich with ¼ cup red peppers, 2 slices cheese, 1 cup lettuce & the remaining bread.

Serves: 4. (1 sandwich each)

Calories 567, Fat: 30 g (5 g Sat. Fat), CHO: 55g, Protein: 22 g, Fiber: 15 g, Sodium: 341 mg

Salmon with Curried Yogurt & Cucumber Salad

Ingredients:

1 ¼ # wild or farmed salmon, cut into portions
2 Tbsp. Olive oil
½ tsp. Ground pepper, divided
½ cup sliced cucumber
2 Tbsp. Chopped fresh cilantro
2 Tbsp. Minced shallots
½ cup low-fat plain yogurt
2 Tbsp. Lemon juice
¼ tsp. Curry powder

Directions:

Preheat grill to medium-high

Brush salmon with 1 Tbsp. Oil & sprinkle with ¼ tsp black pepper

Grill the salmon, turning once, until just cooked through, about 6 minutes.

Meanwhile, combine cucumber, cilantro & shallot with the remaining 1 Tbsp. Oil & ¼ tsp. Black pepper.

Whisk yogurt, lemon juice, curry powder & the remaining 1/8 tsp. pepper in a small bowl.

Serve the salmon with the yogurt sauce & the cucumber salad

Serves; 4. (4 oz. salmon, 2 Tbsp. Sauce & 2 Tbsp. Cucumber salad))

Calories: 258, Fat: 13 g, (Sat. Fat: 3 g), CHO: 4 g, Protein: 30 g, Protein, Fiber: 0 g, Sodium: 295 mg

Berry-Pine Nut Chicken Salad

Ingredients:

Dressing:

3 Tbsp. Red wine vinegar
2 Tbsp. Seedless raspberry jam
1 tsp. Dijon mustard
1/8 cup olive oil
1/8 tsp. Black pepper

Salad:

¼ cup almonds, slivered
1 bag Boston lettuce salad blend (about 3 cups)
1 cup fresh blueberries
1# cooked chicken breasts, boneless
¼ small red onion
8 oz. sugar snap peas (2 cups)

Directions:

For the dressing:

Combine all ingredients; whisk together & set aside.

For the salad:

Toast nuts in a small sauté pan over medium heat for 4-6 minutes; cool.
Wash salad ingredients & thinly slice red onion. Slice chicken & cut sugar peas in half on a bias.

To serve: Layer lettuce, chicken, peas, blueberries & onion in a large serving bowl or platter.

Pour dressing over salad just before serving & toss gently. To serve. Sprinkle with pine nuts.

Yield: 4 servings

Calories: 450, Fat: 18 g (Sat. Fat: 3 g), CHO: 20 g, Protein: 39 g, sodium: 200 mg & Fiber: 3 g

Kale & Wheat Berry Salad with Fresh Cherry Dressing

Ingredients:

6 cups water

¼ cup uncooked wheat berries

1 ½ cups pitted fresh (or frozen) cherries (about 9 oz) divided

2 Tbsp. Apple cider vinegar

1 ½ Tbsp. Olive oil

2 tsp. Grainy Dijon mustard

½ tsp. Black pepper

2 (6 oz) bunches curly kale, stemmed & torn

½ cup very thinly sliced baby watermelon radishes (about 1 oz)

¼ cup firmly packed small fresh mint leaves.

2 oz. Marcona almonds

Directions:

Combine 6 cups water & wheat berries in a medium saucepan; bring to a boil over high. Reduce heat to medium-low & simmer until tender, 50 minutes to 1 hour. Drain well.

Place ½ cup cherries in a mini food processor until very smooth, about 1 minute.

Place kale in a medium bowl & sprinkle with salt.

Use freshly gloved hands to firmly massage salt into kale until leaves are slightly softened, 1 to 2 minutes.

Add wheat berries & ¾ of the dressing to massaged kale; toss to coat.

Cut remaining 1 cup cherries in half lengthwise. Add halved cherries, radish slices & mint leaves to kale mixture; toss gently to combine. Sprinkle with almonds & drizzle with remaining dressing. Serve immediately.

Calories: 253, Fat: 15 g (Sat. Fat: 2 g), Protein: 8 g, CHO: 27 g, Fiber: 7 g, Sodium: 250 mg.

Egg in an Avocado

Ingredients:

2 Hass avocados, halved & pitted
4 large eggs
Kosher salt to taste, optional
Ground black pepper to taste
Pinch of crushed red pepper flakes
Olive oil for drizzling
Lime juice
2 medium grape fruits, halved

Directions:

Heat oven to 375 degrees F.

Scoop out 3 tbsp. Of flesh from each avocado half & set aside. Be careful to keep the shell intact to use for later.

Place halves on a rimmed baking sheet lined with foil, leaning them against the rim to keep them steady. Crack one egg into each half.

Bake until egg whites are just set but yolk is still runny, 15 minutes.

Finish with salt, black pepper, red pepper flakes, a drizzle of oil & a squeeze of lime juice. Serve each with a half of a grapefruit.

Makes 4 servings