

Recipes for Foods that Fight Cancer

No single food or supplement can protect you against cancer by itself. But research shows that a diet filled with a variety of vegetables, fruits, whole grains, beans and other plant foods helps lower risk for many cancers. It is the interaction of compounds in the **overall diet** that offers the strongest cancer protection, not individual supplements.

The recipes below are excerpted from American Institute of Cancer Research webpage: Foods that Fight Cancer. Scan the QR code to the right or access at: <https://www.aicr.org/foods-that-fight-cancer/index.html>.



Cauliflower, Cabbage and Carrot Salad

- 1 small cauliflower, cut into florets
- 1 cup finely shredded red cabbage
- 2 medium carrots, grated
- 1 small red onion, finely chopped
- 1/4 cup chopped walnuts
- 2 Tbsp. chopped fresh parsley
- 1 Tbsp. white vinegar
- 1 tsp. Dijon mustard
- 1 Tbsp. extra virgin olive oil
- 1 Tbsp. low-fat mayonnaise

Toss together cauliflower with cabbage, carrots, onion, walnuts and parsley.

Whisk together vinegar, mustard. Add oil and mayo and whisk.

Drizzle over salad and mix well.

Makes 6 servings.

Per Serving: 90 calories, 6 g total fat (1 g saturated fat), 7 g carbohydrates, 2 protein, 2 g dietary fiber, 70 mg sodium.

Blueberry Quesadilla with Wild Blueberry Sauce

- One bag (10 oz.) frozen blueberries, preferably wild
- 1/2 Fuji apple, peeled, cored and finely chopped
- 1/4 cup sugar
- 1/2 teaspoon ground cinnamon
- 4 Tbsp. blueberry fruit spread
- 4 (8-inch) whole-wheat tortillas
- 1 cup (2 oz.) shredded part-skim milk mozzarella cheese
- 1 cup (8 oz.) part-skim milk ricotta cheese
- Grated zest of 1 lemon
- 2 Tbsp. dried blueberries

1. **In medium** saucepan, combine frozen berries, apple, sugar and cinnamon.
2. **Cover**, bring to boil over medium-high heat, reduce heat and simmer until fruit is soft, 10 minutes.
3. **Set** Wild Blueberry Sauce aside.
4. **Makes** 2 cups.
5. **On work** surface, spread 1 tablespoon of blueberry spread to cover each tortilla, leaving 1/2-inch border all around.
6. **In bowl**, combine mozzarella and ricotta cheeses with zest. Spread 1/2 cup of cheese mixture over half of each tortilla. Sprinkle dried blueberries over mixture, then fold the tortilla over to enclose the filling.
7. **Heat** griddle or large, heavy skillet over medium-high heat.
8. **Add** quesadillas and cook until crisp and lightly browned on bottom, 3 minutes. Turn and crisp on second side, 2-3 minutes.
9. **To serve**, place a quesadilla on each of 4 plates and top with 1/4 cup of warm sauce. The remaining sauce keeps, covered in the refrigerator, for five days.

Makes 4 servings.

Per serving: 400 calories, 9 g total fat (5 g saturated fat), 67 g carbohydrate, 15 g protein, 6 g dietary fiber, 420 mg sodium.

Caramelized Carrots and Orange Squash

- 1/2 cup raisins
- 2/3 cup apple juice
- 2 lbs. carrots, peeled and sliced diagonally, 1/4-inch pieces
- 1 small butternut squash, peeled, and cubed, 1/2-inch cubes
- 1 small acorn squash (about 1 lb), seeds removed, peeled, cubed, 1/2-inch cubes
- 3 Tbsp. light olive oil
- 2 1/2 Tbsp. date syrup/honey (or dark honey)
- 1/2 tsp. ground cinnamon
- Sea salt and coarsely ground black pepper, to taste
- 1/2 cup apricot halves cut into small pieces

1. **Preheat oven** to 400 degrees F.
2. **Soak raisins** in apple juice.
3. **Line large baking** sheet with two sheets of parchment paper.
4. **In large bowl**, mix vegetables, oil, syrup, cinnamon and add salt and pepper to taste.
5. **Spread** mixture on baking pan.
6. **Bake** until carrots (the longest to bake) are just soft then add raisins and apricots.
7. **Bake** about 10 minutes longer, until carrots are soft enough for fork to prick through.
8. **Serve** immediately or, if refrigerating for several hours or more, pour 1/3 cup apple juice over vegetables to keep moist before reheating.

Makes 10 servings.

Per serving: 188 calories, 4 g total fat (<1 g saturated fat), 39 g carbohydrate, 3 g protein, 6 g dietary fiber, 70 mg sodium.

Three Bean Salad with Creamy Mustard Dill Dressing

- 1 cup canned chickpeas, rinsed and drained
- 1 cup canned Great Northern beans, rinsed and drained
- 1 cup canned kidney or red beans, rinsed and drained
- 1/2 cup finely chopped red onion
- 1 small red bell pepper, diced (optional)
- 1 small green bell pepper, diced (optional)
- 2 Tbsp. fat-free or 2 percent Greek yogurt
- 1 Tbsp. low-fat mayonnaise
- 1 Tbsp. coarse seed mustard
- 1 tsp. lemon juice
- 2 dashes hot pepper sauce
- 1/2 tsp. salt
- 1/4 tsp. ground black pepper
- 2 tsp. extra virgin olive oil
- 1/2 cup chopped fresh dill
- 1/4 cup chopped flat-leaf parsley

1. **In mixing bowl**, combine beans with onion and peppers, if using.
2. **For dressing**, in mini food processor add yogurt, mayonnaise, mustard, lemon juice, hot sauce, salt and pepper and whirl to combine. With the motor running, drizzle in oil.
3. **Add dressing** to beans and **mix** to combine. If serving immediately, mix in dill and parsley. Or, cover the dressed beans and refrigerate for up to 8 hours, adding herbs just before serving.

Makes 4 servings.

Per serving: 230 calories, 5 g total fat

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