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](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.
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