

Low-fat, Vegan Recipes for Healthy Weight Control

Breakfast

Cherry Pie Oats

1/2 cup oats, steel-cut
2 cups water
1/2 teaspoon salt
1/4 teaspoon cinnamon
1 cup frozen cherries, unsweetened
1/2 teaspoon vanilla extract

Put the oats, water, salt, and cinnamon in a medium-sized saucepan. Bring to a boil, and then reduce heat to very low. Cover and cook for 25 minutes.

While oats are cooking, remove cherries from freezer and cut each in half while frozen. Allow them to thaw a little on the counter until oats have cooked for 25 minutes. Stir in the cherries and vanilla extract. Cover and cook until oats are tender and thick, about 10-15 more minutes. Serve with your favorite sweetener.

Makes 2 servings. Per serving: 200 Calories (kcal); 3g Total Fat; (14% calories from fat); 7g Protein; 36g Carbohydrate; 0mg Cholesterol; 541mg Sodium; 9g Fiber.

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Breakfast Scramble

This is a cholesterol-free and low-fat way to enjoy scrambled “eggs.” Using tofu instead of eggs adds extra fiber and healthy plant protein, and turmeric makes the scramble the yellow color you’re accustomed to.

Directions
Makes 6 servings

1 pound low-fat tofu
1/2 teaspoon turmeric
1/4 teaspoon black pepper
1/4 teaspoon salt
1 teaspoon dried parsley, lightly crumbled
1/2 medium onion, chopped
2 garlic cloves, chopped
2 tablespoons vegetable broth
1 green bell pepper, seeded and chopped
1 red bell pepper, seeded and chopped
1 medium zucchini, finely chopped

Press the block of tofu between two plates to remove excess liquid. Do this with a couple of paper towels between the tofu and the bottom plate and a can of vegetables or other weight on top of the top plate. Replace paper towels with new ones as they become saturated. Press tofu for at least 30 minutes—the longer, the better, with 2 hours being ideal.

Combine turmeric, black pepper, salt, and parsley in a small dish. Sauté onion and garlic in broth until tender. Add bell peppers and zucchini and cook until softened. Crumble tofu into skillet, sprinkle mixture with the combined seasonings and cook, stirring over medium heat until heated through.

Nutrition Information

Per serving (1/6 of recipe):

86 calories

3.5 g fat

0.5 g saturated fat

40.8% calories from fat

0 mg cholesterol

6.9 g protein

8.7 g carbohydrate

3.2 g sugar

3.3 g fiber

122 mg sodium

51 mg calcium

2.4 mg iron

49.4 mg vitamin C

608 mcg beta-carotene

0.6 mg vitamin E

This recipe is from Survivor's Handbook: Eating Right for Cancer Survival.

Fruited Breakfast Quinoa

Quinoa (pronounced KEEN-wah) is an amino acid-rich (protein) seed that has a fluffy, creamy, slightly crunchy texture and a somewhat nutty flavor when cooked. Most commonly considered a grain, quinoa is actually a relative of leafy green vegetables like spinach and Swiss chard. It is a recently rediscovered ancient "grain" once considered "the gold of the Incas."

Directions

Makes about 6 1/2-cup servings

1/2 cup dry quinoa, well-rinsed

1 1/2 cups vanilla rice milk

2 tablespoons raisins

1 cup chopped fresh or canned apricots

1/4 teaspoon vanilla extract

To thoroughly rinse quinoa, cover it with water in a mixing bowl, and then rub it between the palms of your hands. Pour off the cloudy liquid through a strainer and then repeat the process two or three more times, until the rinse liquid remains clear.

Combine quinoa and rice milk in a medium saucepan. Bring to a slow simmer, then cover and cook for about 15 minutes until the quinoa is tender. Stir in raisins, apricots, and vanilla. Cook an additional 2 minutes. Serve warm or chilled.

Quinoa keeps well in the refrigerator. Cool leftovers to room temperature, place in a covered dish, and refrigerate for up to three days.

Note: It is important to rinse the grain thoroughly prior to cooking.

Nutrition Information

Per 1/2-cup serving:

106 calories

1.4 g fat

0.1 g saturated fat

12.3% calories from fat

0 mg cholesterol

2.4 g protein

21.4 g carbohydrate

8.3 g sugar

1.5 g fiber

26 mg sodium

90 mg calcium

1.5 mg iron

3.1 mg vitamin C

302 mcg beta-carotene

0.9 mg vitamin E

This recipe is from *Survivor's Handbook: Eating Right for Cancer Survival*.

Tofu French Toast

Enjoy Bastille Day with a new approach to French Toast. Tofu works just like eggs, but without the cholesterol and saturated fat.

Directions

Makes 6 slices

8 ounces (1 cup) low-fat silken tofu

1/2 cup water

1 teaspoon molasses or maple syrup

1/2 teaspoon cinnamon

1 banana

6 slices whole-wheat bread

Mix tofu, water, molasses or maple syrup, cinnamon, and banana in a blender until smooth. Pour blended mixture into a shallow dish. Dip bread into mixture and cook in a non-stick skillet.

Nutrition Information

Per slice:

123 calories

2.9 g fat

0.5 g saturated fat

21.4% calories from fat

0 mg cholesterol

6.1 g protein

20.4 g carbohydrate

6.1 g sugar

3.6 g fiber

151 mg sodium

46 mg calcium

2.1 mg iron

2.1 mg vitamin C

7 mcg beta-carotene

0.2 mg vitamin E

This recipe is from *Survivor's Handbook: Eating Right for Cancer Survival*.

Mixed Berry Banana Smoothie

Frozen berries in smoothies add fiber, taste, and iciness, not to mention the hefty dose of cancer-fighting compounds!

Directions

Makes 4 servings

1 banana

1 cup frozen mixed berries (raspberries, blueberries, strawberries)

1 cup fortified vanilla soy- or other non-dairy milk

2 tablespoons maple syrup (optional)

2 tablespoons calcium-fortified orange juice concentrate

Place all ingredients in a blender. Blend at high speed until smooth, stopping the blender occasionally to move the unblended fruit to the center with a spatula.

Nutrition Information

Per serving (1/4 of recipe):

107 calories

1.4 g fat

0.2 g saturated fat

11.5% calories from fat

0 mg cholesterol

3.3 g protein

22.3 g carbohydrate

12.9 g sugar

3.7 g fiber

36 mg sodium

130 mg calcium

1 mg iron

33.1 mg vitamin C

24 mcg beta-carotene

1.3 mg vitamin E

This recipe is from *Survivor's Handbook: Eating Right for Cancer Survival*.

Breakfast Homefries

These delicious home-fried potatoes make a wonderful, low-fat breakfast or side dish any time of day. Serve them with applesauce or try them with black bean chili and salsa!

Directions

Makes 4 servings

3 russet potatoes, scrubbed

1 onion, thinly sliced

4 teaspoons soy sauce

1/2 teaspoon paprika or chili powder

1/4 teaspoon black pepper

5 to 6 cherry tomatoes, cut into quarters (optional)

2 green onions, thinly sliced (optional)

Cut potatoes into 1/2" cubes and steam until just tender, about 10 minutes. Remove from heat and set aside.

Heat 1/4 cup water in a large non-stick skillet and add onion. Cook, stirring frequently, until the water has evaporated and onion begins to stick to the pan. Scrape the pan as you add another 1/4 cup water, then cook until onion once again begins to stick. Repeat this process until onion is very brown and sweet. This will take about 15 minutes.

Add potatoes to onion and sprinkle with soy sauce, paprika or chili powder, and black pepper. Cook, turning gently with a spatula, until potatoes are golden brown. Garnish with tomatoes and green onions, if using.

Nutrition Information

Per serving (1/4 of recipe):

128 calories

0.2 g fat

0.1 g saturated fat

1.7% calories from fat

0 mg cholesterol

3.1 g protein

29.9 g carbohydrate

2.7 g sugar

4.1 g fiber

309 mg sodium

39 mg calcium

2.7 mg iron

19.5 mg vitamin C

89 mcg beta-carotene

0.2 mg vitamin E

This recipe is from *The Survivor's Handbook: Eating Right for Cancer Survival*.

Breakfast Sweet Potato Pudding

Makes about 3 1/2-cup servings

1/3 cup rolled oats

1/2 cup soy- or rice milk

1 cup cooked sweet potato or yam

1 tablespoon maple syrup

1/4 teaspoon cinnamon

Combine all ingredients in a blender and blend until smooth

Recipe from *Turn Off the Fat Genes* by Neal D. Barnard, M.D.; recipe by Jennifer Raymond M.S., R.D.

Lunch

Pan-Seared Portobello Mushrooms

Portobellos are “meaty” and delicious. They lend themselves well to grilling and can be served on a bed of grains with mashed potatoes or on whole-grain buns with all the trimmings. Plus, they don’t contain any of the carcinogens that are formed while cooking meat. Portobello mushrooms can serve as a great source of folate, selenium, and zinc.

Directions

Makes 4 servings

4 large portobello mushrooms

2 tablespoons red wine or water

2 tablespoons reduced-sodium soy sauce

1 tablespoon balsamic vinegar

2 garlic cloves, pressed

1/2 teaspoon dried oregano

Clean mushrooms, trimming stems flush with bottom of caps.

Mix wine or water, soy sauce, vinegar, garlic, and oregano in a large skillet. Heat until mixture begins to bubble, then add mushrooms, top side down. Reduce to medium heat, cover and cook 3 minutes. If the pan becomes dry, add 2 to 3 tablespoons of water. Turn mushrooms and cook second side until tender when pierced with a sharp knife, about 5 minutes. Serve hot.

Nutrition Information

Per mushroom:

38 calories

0.5 g fat

0 g saturated fat

12.9% calories from fat

0 mg cholesterol

3.3 g protein

4.9 g total carbohydrates

0.2 g sugar

1.8 g fiber

273 mg sodium

10 mg calcium

0.7 mg iron

0.5 mg vitamin C

5 mcg beta-carotene

0 mg vitamin E

This recipe is from *The Survivor's Handbook: Eating Right for Cancer Survival*.

Tex-Mex Salad

Makes 6 1/2-cup servings

Serve this colorful salad with whole-wheat bread or roll it up in a whole-wheat tortilla.

The jalapeño pepper is quite hot and should be handled with care. It can be omitted if you prefer a milder salad.

1 15-ounce can black-eyed peas, drained

1 red or yellow bell pepper, seeded and diced

1 small jalapeno pepper, finely chopped (more or less to taste)

1/2 cup chopped green onions

1 tomato, diced

1/4 cup chopped fresh cilantro (optional)

1 garlic clove, pressed or minced

1/4 cup seasoned rice vinegar

1 teaspoon ground cumin

Combine drained peas with peppers, green onions, tomato, cilantro (if using), garlic, vinegar, and cumin in a large bowl. Toss gently to mix. Chill 1 to 2 hours before serving if time permits.

Per 1/2-cup serving

- Calories: 84
- Fat: 0.5 g
- Saturated Fat: 0.1 g

- Calories from Fat: 4.9%
- Cholesterol: 0 mg
- Protein: 4.4 g
- Carbohydrates: 16.3 g
- Sugar: 5.1 g
- Fiber: 3.1 g
- Sodium: 277 mg
- Calcium: 26 mg
- Iron: 1.7 mg
- Vitamin C: 43 mg
- Beta Carotene: 479 mcg
- Vitamin E: 0.6 mg

Source: Healthy Eating for Life to Prevent and Treat Cancer by Vesanto Melina, M.S., R.D.; recipe by Jennifer Raymond, M.S., R.D.

Cucumber, Mango, and Spinach Salad

Makes 10 to 12 servings

- 1 bunch or bag fresh spinach
- 1 mango, peeled and cut into bite-size pieces
- 1 large English cucumber, peeled and sliced
- 6 green onions, thinly sliced
- $\frac{1}{2}$ cup chopped fresh basil
- 1 juice of 1 lime
- $\frac{1}{2}$ cup seasoned rice vinegar
- 1 freshly ground black pepper, to taste

Wash and drain spinach, tear into bite-size pieces, if necessary, and put into a large serving bowl. Toss mango, cucumber, green onions, and basil in a medium bowl. Add lime juice and vinegar and stir to mix. Arrange mango mixture on spinach and sprinkle with black pepper.

Per serving (1/10 of recipe)

Calories: 45

Fat: 0.3 g

Saturated Fat: 0 g

Calories from Fat: 5.5%

Cholesterol: 0 mg

Protein: 1.5 g

Carbohydrates: 10.9 g

Sugar: 7.4 g

Fiber: 1.7 g

Sodium: 219 mg

Calcium: 50 mg

Iron: 1.3 mg

Vitamin C: 19.1 mg

Beta Carotene: 2134 mcg

Vitamin E: 1 mg

Source: Amy Joy Lanou, Ph.D.

Cherry Tomato and Brown Rice Salad with Artichoke Hearts

This delicious salad is a complete meal and a great picnic or potluck dish. Because neither tomatoes nor rice benefit from refrigeration, it should be served at room temperature.

3 cups cooked brown basmati rice, warm
6 ounces marinated artichoke hearts, rinsed in hot water, drained, and sliced
1 cup chopped scallions
1 1/2 pounds red, yellow, or mixed cherry tomatoes, halved
1/2 cup chopped fresh basil
1/2 cup fat-free Italian dressing
3 tablespoons lemon juice
2 cloves garlic, crushed
1/4 teaspoon salt
Freshly ground black pepper to taste
1 head crisp lettuce

Place the rice in a large salad bowl and add the artichokes, scallions, tomatoes, and basil. Mix gently. Combine the Italian dressing, lemon juice, garlic, salt, and pepper in a small bowl or jar. Whisk or shake until well blended. Pour over the salad and mix gently. Serve on beds of lettuce on individual plates.

Recipe from Dr. Neal Barnard's Program for Reversing Diabetes

Easy Bean Salad

Makes 10 servings

1/2 cup low-fat Italian salad dressing
1 15-ounce can kidney beans, drained
1 15-ounce can pinto beans, drained
1 15-ounce can black-eyed peas, drained
1 10-ounce package frozen Fordhook lima beans, thawed completely
1 cup frozen corn, thawed completely
1 large red bell pepper, seeded and chopped
1/2 medium onion, chopped
1 teaspoon salt
1 teaspoon black pepper

Toss all ingredients together. Serve cold or at room temperature. May be covered and stored in refrigerator for several days.

Per serving (1/10 of recipe): 183 calories; 3 g fat; 0.5 g saturated fat; 14.6% calories from fat; 0 mg cholesterol; 9.9 g protein; 31 g total carbohydrates; 2.9 g sugar; 8 g fiber; 594 mg sodium; 43 mg calcium; 2.7 mg iron; 36.7 mg vitamin C; 311 mcg beta-carotene; 0.8 mg vitamin E

Recipe from Jennifer Reilly, R.D.

Gazpacho

Makes about 3 quarts (12 1-cup servings)

This cool and tangy Spanish soup is perfect for a hot summer day.

2 cucumbers, peeled, seeded, and diced
1 green bell pepper, seeded and diced
3 ripe tomatoes, diced
1/2 cup finely chopped red onion
3 garlic cloves, pressed
3/4 cup finely chopped roasted red peppers
8 cups vegetable juice or tomato juice
3/4 cup salsa
1 teaspoon finely minced jalapeño pepper, or to taste.

Combine all ingredients in a large pot or bowl. Stir to mix, then chill 2 to 3 hours before serving.

Per 1-cup: 54 calories; 0.3 g fat; 0.1 g saturated fat; 5.6% calories from fat; 0 mg cholesterol; 2 g protein; 12.5 g carbohydrate; 8.6 g sugar; 2.6 g fiber; 536 mg sodium; 35 mg calcium; 1 mg iron; 78.4 mg vitamin C; 1795 mcg beta-carotene; 0.7 mg vitamin E

Recipe from *Healthy Eating for Life to Prevent and Treat Cancer* by Vesanto Melina, M.S., R.D.; recipe by Jennifer Raymond, M.S., R.D.

Sautéed Rainbow Chard

Makes 3, 1-cup servings

1 bunch of rainbow chard, chopped
1/2 cup water
2 garlic cloves, finely minced

Heat 1/2 cup water in skillet. When water is heated add minced garlic. Let garlic sauté until it lightly browns and then add all of your chopped rainbow chard. Let simmer for 5 minutes until the desired texture.

Recipe by Jill Eckart, CHHC

Black Bean Chili

This chili is quick to prepare and delicious with brown rice and a green salad. It can also be used as a burrito filling if it is cooked until it thickens. If you like a hotter chili, add more chipotle peppers.

Directions

Makes 4 servings

1/2 cup water
1/2 onion, chopped
1/2 green bell pepper, seeded and chopped
4 garlic cloves, minced or pressed
1 teaspoon dried oregano
1 teaspoon ground cumin

1 or 2 canned chipotle peppers in adobo sauce, plus 1 teaspoon of the sauce, or 1/4 teaspoon crushed red pepper flakes
2 15-ounce cans black beans, undrained, or 3 cups cooked black beans with 1/2 cup added water or vegetable broth
1 15-ounce can diced tomatoes, undrained, or 1 1/2 cups of freshly chopped tomatoes
1/2 cup frozen corn or drained canned corn
1/4-1/2 teaspoon salt (omit if using canned beans containing salt)

Heat water in a large pot. Add onion, bell pepper, garlic, oregano, and cumin. Cook over medium heat, stirring often, until onion is soft, about 5 minutes.

Chop chipotle peppers and add to pot, along with sauce, or add crushed red pepper flakes. Add beans, tomatoes, corn, and salt, if using. Cover and simmer, stirring occasionally, until chili is thickened and flavors are blended, about 20 minutes.

Nutrition Information

Per serving (1/4 of recipe):

259 calories

1.3 g fat

0.3 g saturated fat

4.6% calories from fat

0 mg cholesterol

14.6 g protein

50.3 g carbohydrate

9.2 g sugar

11.4 g fiber

752 mg sodium

157 mg calcium

5.5 mg iron 27.7 mg vitamin C

138 mcg beta-carotene

1.2 mg vitamin E

This recipe is from *The Survivor's Handbook: Eating Right for Cancer Survival*.

Miso Soup with Shiitake Mushrooms

Makes 6 servings

Miso, also known as soybean paste, is a traditional Japanese food. It is most commonly used for making miso soup, which is served with every meal in Japan. There are different types of miso, each with a distinct and characteristic flavor. This recipe uses white miso, which has a mellow, slightly sweet flavor. Miso is available at natural food stores and Asian markets; it can also be purchased online. The shiitake mushrooms in this soup add vitamin D, an important nutrient for cancer prevention.

5 cups vegetable broth

1 ounce dried shiitake mushrooms

1/2 pound firm tofu, cut into 1/4-inch cubes

1 sheet nori, cut into 1-inch squares

2 to 3 teaspoons grated fresh ginger

2 cups small broccoli florets
1 cup julienned or grated carrot
3 to 4 tablespoons white miso

Pour the broth into a large pot, bring to a boil, then remove from the heat. Add the mushrooms, cover, and let stand for 20 minutes, or until the mushrooms have softened. Remove the mushrooms from the broth with a slotted spoon. Cut off and discard the mushroom stems. Thinly slice the caps and set aside.

Add the tofu, nori, and ginger to the broth. Bring to a simmer and cook for 3 minutes. Add the mushrooms, broccoli, and carrot. Cover and simmer for 1 minute, just until the broccoli turns bright green. Transfer 1 cup of the broth to a measuring cup and stir in the miso with a fork until it is completely dissolved. Pour the dissolved miso into the soup and stir until it is well incorporated.

Stored in a covered container in the refrigerator, Miso Soup with Shiitake Mushrooms will keep for up to 3 days.

Note: Do not boil the soup after the miso has been added, as high heat will destroy the beneficial enzymes in the miso.

Per serving:

92 calories

2.8 g fat

0.4 g saturated fat

27.2% calories from fat

0 mg cholesterol

6.5 g protein

12.8 g carbohydrate

5.9 g sugar

2.8 g fiber

1167 mg sodium

92 mg calcium

1.4 mg iron

13.4 mg vitamin C

2314 mcg beta-carotene

0.8 mg vitamin E

Recipe by Jen Reilly, R.D. from the New Edition of the Cancer Survivor's Guide

Dinner

Simple Bean Tacos

Makes 8 tacos

These soft-shell tacos are a quick and easy snack or meal. Several companies make vegetarian refried beans. Look for them in natural food stores and many supermarkets.

1 15-ounce can vegetarian refried beans
8 corn tortillas
1/2 - 1 cup Salsa Fresca or commercial salsa
2 cups pre-washed salad mix
3 green onions, chopped
2 tomatoes, chopped
Heat beans on the stove or in a microwave.

Spread a tortilla with about 1/4 cup of beans, and lay it flat in a non-stick skillet over medium heat. When tortilla is warm and pliable, fold it in half and cook each side 1 minute. Garnish with salsa, salad mix, green onions, and tomatoes.

Per taco:
Calories: 112
Fat: 1 g
Saturated Fat: 0.2 g
Calories from Fat: 8.3%
Cholesterol: 0 mg
Protein: 5 g
Carbohydrates: 22.2 g
Sugar: 2.1 g
Fiber: 5.2 g
Sodium: 248 mg
Calcium: 52 mg
Iron: 1.4 mg
Vitamin C: 9.9 mg
Beta Carotene: 642 mcg
Vitamin E: 0.8 mg

*Source: Healthy Eating for Life to Prevent and Treat Diabetes by Patricia Bertron, R.D.;
recipe by Jennifer Raymond, M.S., R.D.*

Spaghetti Squash with Sauce

Cooked spaghetti squash has a thread-like texture, similar to spaghetti, but is much higher in fiber and anti-cancer compounds.

Directions
Makes 6 servings

1 large spaghetti squash (about 3 cups cooked)
2 cups fat-free spaghetti sauce
2 tablespoons chopped fresh basil
2 tablespoons nutritional yeast or dairy-free (vegan) parmesan
cheese substitute (optional)
radishes for garnish (optional)

Preheat oven to 350 F. Wash the outside of the squash and carefully puncture with a knife 5 times. Place on a baking sheet and bake 1 hour or until very tender when tested with a knife. Set aside to cool.

Cut the cooked squash in half lengthwise and remove the seeds. Remove the spaghetti-like threads with a fork and place in a baking dish. Toss with spaghetti sauce. Cover lightly with aluminum foil. Return to the oven for 20 to 30 minutes or until well heated.

Sprinkle with basil and nutritional yeast or vegan parmesan substitute, if using. Garnish with radishes if desired.

Nutrition Information:

Per serving (1/6 of recipe):

48 calories

0.3 g fat

0.1 g saturated fat

4.6% calories from fat

0 mg cholesterol

0.9 g protein

11.7 g carbohydrate

8.4 g sugar

1.6 g fiber

274 mg sodium

25 mg calcium

0.5 mg iron

6 mg vitamin C

205 mcg beta-carotene

0.4 mg vitamin E

This recipe is from *The Survivor's Handbook: Eating Right for Cancer Survival*.

No-Meat Loaf

Makes 12 slices

This savory loaf is delicious with Mashed Potatoes and Brown Gravy or as a sandwich filling. The vegetables need to be finely chopped, which can be easily accomplished with a food processor.

1 cup dry bulgur

1 1/2 cups boiling water

2 tablespoons water

1 small onion, finely chopped

1 medium carrot, shredded or finely chopped

2 celery stalks, finely chopped

1 pound mushrooms, finely chopped

1/2 cup finely chopped walnuts

1/3 cup potato flour

1/2 teaspoon dried marjoram

1/2 teaspoon garlic powder

1/2 teaspoon salt

1/4 teaspoon dried thyme

1/4 teaspoon dried sage
1/4 teaspoon black pepper
3 tablespoons ketchup or barbeque sauce
1 tablespoon reduced-sodium soy sauce
4 teaspoons stone-ground mustard
1 vegetable oil spray
1 additional ketchup or barbeque sauce for topping

Place bulgur in a large bowl and pour 1 1/2 cups boiling water over it. Soak until bulgur is tender and most of the water is absorbed, about 15 minutes. Heat 2 tablespoons water in a non-stick skillet and add onion, carrot, and celery. Cook over medium-high heat for 3 minutes, stirring often. Stir in mushrooms and continue cooking, stirring occasionally, until vegetables are soft and mushrooms are brown, about 5 minutes.

Preheat oven to 350°F.

Drain any excess water off the bulgur. Add vegetables along with walnuts, flour, marjoram, garlic powder, salt, thyme, sage, black pepper, 3 tablespoons ketchup or barbeque sauce, soy sauce, and mustard and stir for 1 to 2 minutes, until the mixture holds together. Pat into a vegetable oil sprayed 5"×9" loaf pan and top with ketchup or barbeque sauce. Bake for 60 minutes. Let stand for 10 minutes before serving.

Per slice (1/12 of loaf)

- Calories: 120
- Fat: 3.6 g
- Saturated Fat: 0.4 g
- Calories from Fat: 27.1%
- Cholesterol: 0 mg
- Protein: 3.7 g
- Carbohydrates: 20.8 g
- Sugar: 5.3 g
- Fiber: 3.8 g
- Sodium: 385 mg
- Calcium: 25 mg
- Iron: 1.2 mg
- Vitamin C: 5 mg
- Beta Carotene: 519 mcg
- Vitamin E: 0.4 mg

Source: Turn Off the Fat Genes by Neal D. Barnard, M.D.; recipe by Jennifer Raymond M.S., R.D.

Simple Pasta Supper

(Makes about 6 cups)

8 ounces pasta spirals
2 tbsp plus 1/4 cup water

1 onion chopped
1/4 cup chopped garlic
1 cup tomato juice or V-8 juice
1 15-ounce can red kidney beans, including liquid
2 cups finely chopped fresh kale
1/2 cup chopped fresh basil
1/4 teaspoon salt

Cook the pasta until just tender. Transfer to a colander. Rinse and drain. Set aside.

Heat the water in a large skillet or pot. Add the onion and garlic and cook over high heat, stirring often until the onion begins to brown, about 4-6 minutes. Add a bit more water if needed to keep onions from sticking. Stir in 1/4 cup of water, scraping the pan to remove any bits of onion. Add the tomato juice, kidney beans with their liquid, kale and basil. Stir to mix, then cover and simmer until the kale is tender, about 5 minutes. Stir in the cooked pasta. Add salt to taste before serving.

Per cup: 126 calories; 5 g protein; 22 g carbohydrate; 0 g fat; 372 mg sodium.

Recipe adapted from *Turn off the Fat Genes* by Neal Barnard, M.D.

Broccoli with Vinaigrette

Makes 4 servings

America's favorite vegetable is even better when it is served with this delicious fat-free dressing. The dressing is easy to make, keeps well in the refrigerator, and is tasty on other vegetables as well.

1 bunch broccoli
1/2 cup seasoned rice vinegar
2 teaspoons stone-ground or Dijon mustard
1-2 garlic cloves, pressed or minced

Break broccoli into bite-size florets. Peel stems and slice into 1/4-inch rounds. Steam until just tender, about 3 minutes.

While broccoli is steaming, whisk together vinegar, mustard, and garlic in a serving bowl. Add steamed broccoli and toss to mix. Serve immediately.

Per serving (1/4 of recipe): 36 calories; 0.3 g fat; 0 g saturated fat; 7% calories from fat; 0 mg cholesterol; 3.3 g protein; 7.4 g total carbohydrates; 1.7 g sugar; 3.1 g fiber; 74 mg sodium; 36 mg calcium; 0.7 mg iron; 41.1 mg vitamin C; 1043 mcg beta-carotene; 1.7 mg vitamin E

Recipe from *Food for Life* by Neal Barnard, M.D.; recipe by Jennifer Raymond, M.S., R.D

Kwick Kale

1/2 cup water

1 bunch kale (red or green or some of each) (6-8 cups chopped)
Seasoned rice vinegar

Wash kale, remove stems and chop leaves into 1/2 inch wide strips. Heat water in large skillet with lid. When boiling, add kale. Cover and cook over medium heat until greens are bright green and tender, about 5 minutes. Sprinkle with seasoned rice vinegar to taste and stir to heat. Serve warm. Delicious with a simple bean dish and a grain dish.

Recipe by Caroline Trapp, APRN, BC-ADM, CDE, Diabetes Nurse Practitioner

Collard Greens with Almonds

Makes 6 servings

Collards are a great source of highly absorbable calcium and along with other members of the cruciferous vegetable family (broccoli, kale, cauliflower, Brussels sprouts and rutabaga), they've been shown to be especially helpful in eliminating excess estrogen from a woman's body and reducing breast cancer risk.

1/4 cup slivered almonds
1 pound collard greens (about 1 large bunch), rinsed and thick stems removed
1 tablespoon rice vinegar
1 small garlic clove, minced

In a small skillet, toast almonds over medium heat until golden in color, 1 to 2 minutes. Set aside.

To remove stems from collards, one at a time, hold the stem end and strip the leaf away from the stem. Repeat this for each green. Layer 5 collard leaves (stems removed). Roll into cylinder and slice crosswise into thin strips. Repeat until all leaves are sliced. In large saucepan, bring 2 inches water to a boil over high heat. Add greens, cover, and steam 4 minutes.

In a small bowl, whisk vinegar and garlic together until blended. Toss greens with dressing and garnish with toasted almonds. Serve hot.

Per serving (1/6 of recipe):

44 calories

2.5 g fat

0.2 g saturated fat

51.7% calories from fat

0 mg cholesterol

2.4 g protein

4.3 g carbohydrate

1.2 g sugar

2.4 g fiber

11 mg sodium

103 mg calcium

1 mg iron

11.9 mg vitamin C

3124 mcg beta-carotene

1.7 mg vitamin E

Recipe by Brie Turner-McGrievy, M.S., R.D. (the Survivor's Handbook)

Spicy Thai Soup

Makes 6 1-cup servings

What a delicious way to enjoy healthy green vegetables!

1 tablespoon finely chopped fresh ginger
4 cups Vegetable Broth
2 teaspoons minced garlic
 $\frac{1}{2}$ - 1 jalapeno pepper, seeded and finely chopped (or more to taste)
1 cup sliced mushrooms
1 cup bite-size broccoli florets
1 cup packed finely chopped bok choy
1 green onion, finely chopped, including top
1 tablespoon finely chopped fresh cilantro

Mix broth, ginger, garlic, and jalapeño pepper in a pot and bring to a boil. Add mushrooms and simmer 2 minutes. Add broccoli and bok choy. Simmer until broccoli is tender but still bright green and crisp, 3 to 4 minutes. Do not overcook. Stir in green onion and cilantro. Serve immediately.

Per 1-cup serving

- Calories: 59
- Fat: 0.8 g
- Saturated Fat: 0.1 g
- Calories from Fat: 12.4%
- Cholesterol: 0 mg
- Protein: 3.2 g
- Carbohydrates: 10.8 g
- Sugar: 1.3 g
- Fiber: 2.8 g
- Sodium: 152 mg
- Calcium: 43 mg
- Iron: 1.3 mg
- Vitamin C: 17 mg
- Beta Carotene: 914 mcg
- Vitamin E: 0.5 mg

Source: Healthy Eating for Life to Prevent and Treat Diabetes by Patricia Bertron, R.D.; recipe by Jennifer Raymond, M.S., R.D.

Potato and Cauliflower Curry (Aloo Gobi)

Makes 6 servings

1 onion, cut into crescents or chopped
2 medium potatoes, chopped (3 to 4 cups)
 $\frac{1}{2}$ head cauliflower, broken or cut into bite-size florets (3 to 4 cups)

1/2 teaspoon cumin seeds
1/2 teaspoon turmeric
1/2 teaspoon ground coriander
1/4 teaspoon ground ginger
1/4 teaspoon cinnamon
1/8 to 1/4 teaspoon cayenne pepper
1 15-ounce can diced tomatoes, or 1 1/2 cups freshly chopped tomatoes
2 tablespoons apple juice concentrate
1/2 teaspoon salt

Heat 1/2 cup water in a large pot. Add onion and cook over medium-high heat, stirring occasionally, until onion begins to soften, about 3 minutes. Reduce heat to medium. Add potatoes and cauliflower. Continue cooking, stirring often, about 5 minutes. Add water, 1/4 cup at a time, if needed to prevent sticking.

Toast cumin seeds, turmeric, coriander, ginger, cinnamon, and cayenne in a dry skillet over medium heat, stirring constantly, about 2 minutes. Add to vegetables along with tomatoes, apple juice concentrate, and salt. Stir to mix, then cover and simmer until flavors are blended, about 20 minutes.

Variation: For a sweeter curry, add 1/2 cup golden raisins with tomatoes, apple juice concentrate, and salt.

Nutrition Information

Per serving (1/6 of recipe):

91 calories

0.4 g fat

0.1 g saturated fat

4.1% calories from fat

0 mg cholesterol

2.7 g protein

20.9 g carbohydrate

5.6 g sugar

3.9 g fiber

302 mg sodium

53 mg calcium

2.3 mg iron

30 mg vitamin C

66 mcg beta-carotene

0.6 mg vitamin E

This recipe is from *The Survivor's Handbook: Eating Right for Cancer Survival*.

Lentil Artichoke Stew

This aromatic, fiber-packed, and tasty Middle Eastern dish is great served alone or over brown rice or pasta. Using fire-roasted tomatoes is not necessary, but gives the stew a delicious smoky flavor. Directions

Makes 6 servings

1/4 cup vegetable broth
1 onion, chopped
2 large garlic cloves, pressed or minced
2 teaspoons ground cumin
1 teaspoon ground coriander
1 cup dry (uncooked) red lentils (3 cups cooked)
1 bay leaf
2 cups water
juice of 1 lemon
2 24-ounce cans chopped tomatoes (preferably fire-roasted), undrained, or 6 cups freshly chopped tomatoes plus 1 cup tomato juice
1 1/2 cups quartered artichoke hearts (1 9-ounce frozen package or 1 15-ounce can)
1/4 teaspoon crushed red pepper (optional)
1/4 teaspoon salt, or to taste
1/4 teaspoon black pepper, or to taste

Heat broth in a large saucepan. Add onion and sauté on medium heat for about 5 minutes, until golden. Add garlic, cumin, and coriander and cook for 2 minutes, stirring frequently. Add dried lentils, bay leaf, and water to pan and bring to a boil. Lower heat and add lemon juice, tomatoes and their liquid, artichokes, and crushed red pepper (if using). Simmer for about 20 minutes, until the lentils are tender. Remove and discard the bay leaf. Add salt and black pepper, or to taste.

Nutrition Information

Per serving (1/6 of recipe):

176 calories
1 g fat
0.1 g saturated fat
4.9% calories from fat
0 mg cholesterol
11.7 g protein
34.3 g carbohydrate
7.5 g sugar
10 g fiber
560 mg sodium
123 mg calcium
6.3 mg iron
28.6 mg vitamin C 238 mcg beta-carotene
1.8 mg vitamin E

This recipe is from *The Survivor's Handbook: Eating Right for Cancer Survival*.

Snacks

Black Bean Dip

Serves 6

- 1 15-ounce can black beans, drained and rinsed
- 1 cup salsa
- 1/2 teaspoon ground cumin (optional)

Combine beans and salsa in a food processor or blender and process until smooth. Add cumin, if using. Serve with pita bread or raw vegetables.

Per Serving: Fat .4g; Protein 4.7g; Fiber 3.8g

Mockamole – a low-fat Guacamole

Makes 2 1/2 cups (10 1/4-cup servings)

- 1 cup frozen green peas, thawed
- 1 ripe avocado, peeled
- 1/2 cup mild salsa
- 1 garlic clove, finely chopped, or 1 teaspoon chopped garlic
- 1 green onion, chopped (optional)
- juice of 1 lemon
- 1/2 teaspoon ground cumin
- 1 tablespoon chopped fresh cilantro (optional)
- salt, to taste
- black pepper, to taste

If using fresh or frozen peas, blanch peas in boiling water for 2 minutes, then cool with cold water and drain. Cut avocado into large chunks. Mash avocado and peas together using a potato masher or fork, or, if a very creamy texture is desired, in a food processor. Mix in salsa, garlic, green onion (if using), lemon juice, cumin, and cilantro (if using). Add salt and black pepper to taste.

Per serving: 2.7 g fat; 1.3 g protein; 2.1 g fiber

Recipe from The Survivor's Handbook, The Cancer Project

Chocolate Cherry Nirvana Smoothie

Serves 4

- 2 cups of frozen cherries
- 2 bananas
- 1 1/2 cups of chocolate rice or soy milk

Put all ingredients in blender and blend until smooth consistency

Per serving: Fat: 2g Protein: 5g Fiber: 4.6g

Recipe from Jill Eckart, CHHC

Berry Mousse

This is so easy that it's hardly a recipe! Your blender does most of the work. This can be eaten as a pudding or used as a topping for fruit.

1 package (12.3 ounces) reduced-fat extra-firm silken tofu, crumbled
2 3/4 cups thawed frozen unsweetened berries of choice
3 tablespoons sugar or 2 tablespoons agave nectar
1 tablespoon berry liqueur (optional)

Blend the tofu, berries, sugar or agave nectar, and liqueur, if desired, in a blender or food processor until smooth. Spoon into 4 pudding dishes and refrigerate until chilled.

Recipe from Dr. Neal Barnard's Program for Reversing Diabetes

Kale and Pear Smoothie

Kale may not be the first thing you think of when making a smoothie, but it's definitely one of the best. Dark leafy greens like kale are packed with calcium in a form that is easier for the body to absorb than the calcium found in milk. And that's just the beginning. Kale is also one of the few plants that contain iron. The phytonutrient bonus with kale is that it also includes the vitamin C needed to improve the absorption of nonheme iron. Although somewhat strong in taste, the four fruits found in this smoothie combine for a unique flavor and the Vita-Mix machine blends everything to a smooth, creamy consistency.

Makes 4 cups.

1 cup green grapes
1 orange, peeled
1/2 Bartlett pear
1 banana, fresh or frozen
1 cup kale
1/2 cup water
2 cups ice

Place all ingredients into blender and secure the lid. Process on high for 1 1/2 minutes or until smoothie has reached preferred consistency. Turn machine off and serve immediately.

Per Serving: (1 cup)
102 calories
2 g protein
0 g fat
26 g carbohydrate
3 g fiber
10 mg sodium
15.5 g sugar

www.VitaMix.com