

Ingredients & Recipes

Real Life Nutrition and Cooking Practices to Reduce Cancer Risk and Cancer Recurrence Risk for Survivors

Items Needed to Add to Your Listening Enjoyment:

1. ½ cup measuring cup
2. Paper and pen for notes
3. A dinner sized paper plate
4. Ingredients for the vinaigrette dressing below.
5. Prepared items for the Chilled Lentil Salad below.

Dressing Recipes:

Vinaigrette Dressing	Asian Dressing
1 tbsp. Dijon or whole grain mustard	¼ cup extra virgin olive oil
¼ to 1/3 cup red wine or balsamic vinegar	2 tbsp. rice wine vinegar
Small amount of freshly grated garlic	1 tbsp. soy sauce or tamari
Salt and pepper to-taste	1 tbsp. sesame seed oil
½ cup to ¾ cup Extra Virgin Olive Oil	1 tbsp. honey or maple syrup
Options: Different types of vinegar or oil, fresh or dried herbs, chili flakes, poppy seeds.	Options: Chili flakes, fresh minced garlic or ginger, sesame seeds, poppy seeds, peanut butter.
Blend above ingredients and store	Blend above ingredients and store

Legume Recipes:

Chilled Lentil Mediterranean Salad

Cook 1 cup of lentils al dente (watch carefully).

Rinse with cold water and chill in frig

Once chilled place in bowl and add diced vegetables to-taste. Suggest: Diced red onions, diced peppers, cubed avocado.

Toss all ingredients with Vinaigrette dressing

Add crumbled feta or blue cheese to-taste.

Bon Appetite!

Stuffed Peppers

Mix about $\frac{3}{4}$ cup or lentils with equal parts quinoa or rice

Add 1 diced onion and diced celery.

Add $\frac{1}{2}$ jar of your favorite tomato sauce

Mix all ingredients together.

Wash and core peppers (all colors).

Stuff with mixture until $\frac{3}{4}$ full.

Pour remaining tomato sauce into bottom of crock pot.

Place stuffed peppers into crock pot.

Cover with another jar of your favorite tomato sauce.

Cook on low all day in crock pot.

Bon appetite!

Caramelized Nuts:

- Your favorite nuts, a small amount of sugar, and whatever seasonings you like.
- Melt sugar in a frying pan and toss nuts into sugar mixture. Stir until slightly caramelized. Set out to cool.