

# Vegetarian Recipes to Fight Cancer

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## A special report from Vegemaniac.com

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*For Healthy Living, Longevity and Wellness*

*-By Mohana Gill*

# Summary: 8-Action Cancer Prevention Diet

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A long-awaited scientific report on cancer prevention stated plain and simple that the more pounds you're carrying, the greater your risk of developing one or more of 17 cancers. After analyzing 7,000 scientific studies, the World Cancer Research Fund and the American Institute for Cancer Research made 8 diet recommendations you can use to lower the odds of developing cancer<sup>1</sup>.

## 1. **Be as lean as possible**

Aim for Body Mass Index of 21 - 23.

## 2. **Be Active**

Aim for 60 minutes or more moderate activity every day, or 30+ minutes of vigorous activity.

## 3. **Avoid energy-dense foods and sugary drinks**

Avoid foods that are high in fat, like fast foods and processed foods. Also avoid sugary drinks like soda.

## 4. **Eat plant-based foods**

Aim for 5 servings of non-starchy fruits and vegetables every day (potato, yam, sweet potato, and cassava don't count). Eat only limited amounts of refined grains like white bread and pasta. Instead, include legumes or whole grains in every meal.

## 5. **Limit red meat and avoid processed meat**

Limit red meat intake (beef, pork, lamb and goat) to less than 18 oz. a week and avoid processed meat at all costs.

## 6. **Limit alcohol**

Men: no more than 2 drinks a day

Women: no more than 1 drink a day

## 7. **Limit salty foods**

Salt and salt-preserved foods are probably a cause of stomach cancer. Limit sodium intake to 2400 mg a day

## **8. Don't bank on pills**

Some supplements or high-dose nutrients are associated with higher risk of developing cancer. Stick to a healthy diet instead and don't bank on dietary supplements as the magic pills in preventing cancer



# Recipes

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## Arabic Salad

2 diced roma tomatoes

1 zucchini, peeled and chopped

1/2 onion chopped very fine

2 t cumin

cilantro and cayenne to taste

2 T lemon juice

1 T water

1 T olive oil

1 t flax oil

A few drops of sesame oil

Toss and refrigerate. Serve with parsley sprigs

### **Easy to digest version:**

Steam chopped onion, zucchini and tomato for 6 minutes. Chill and mix with other ingredients.

## Baked Eggplant

1 eggplant peeled and sliced into rounds

1 T olive oil

1 t dried oregano

1 t dried parsley

1\2 t cayenne pepper

Bread crumbs

Rub eggplant with olive oil and also oil a cookie sheet.

Mix bread crumbs with the herbs and coat the eggplant with it

Lay on the cookie sheet and bake at 400 degrees F until brown.

Turn at least once

## Braised Tofu

1\2 pound firm tofu, cut into 1\2 in. cubes.

1 cup chopped vegetables [broccoli, cauliflower, shallots, carrots etc.]

1\2 t olive oil

sauce

1\4 cup tamari sauce {or substitute 3 T Ketchup manis (sweet ketchup – Asian grocer)}.

1\2 t balsamic vinegar.

1 t finely chopped ginger.

3 cloves crushed garlic.

Marinate tofu in sauce mixture for one hour or more.

Braise tofu by adding some sauce mixture in frying pan with olive oil.

Turn gently and reduce.



## Natural Foods that Fight Cancer

Tea (green and black), ginger, garlic, broccoli, onions, carrots, mushrooms, soybeans, tomatoes, papaya, avocado, apple, pineapple, citrus fruits like oranges, grapefruit, sweet lime and lime, etc., green vegetables like spinach, lettuce, broccoli, french beans, radish leaves, green fenugreek (methi), okra (bhindi), sarson saag (mustard leaves), etc. have cancer preventing chemicals. The darker the green vegetable, the more is its anticancer effect. For prevention of cancer, you should eat dark green vegetables which contain betacarotene, lutein and folic acid - helpful in cancer prevention and healing.

## Roasted Sweet Potato Wedges

### Makes 4 servings

Once you try this version of "fries," you'll be hooked! They're loaded with cancer-fighting beta-carotene, and baking them essentially eliminates the fat completely.

2 medium sweet potatoes (unpeeled), cut into wedges

1/8 teaspoon cinnamon

1/4 teaspoon salt

1/4 teaspoon ground cumin

1/8 teaspoon black pepper

1/4 teaspoon garlic powder

Vegetable oil spray

Preheat oven to 450°F.

Combine sweet potatoes, cinnamon, salt, cumin, black pepper, and garlic powder in a plastic bag. Seal and shake. Place sweet potatoes on a baking sheet (do not overlap) lightly coated with vegetable oil spray. Bake for 20 minutes or until very tender, flipping potatoes once during cooking.

Per serving (1/4 of recipe):

53 calories

0.1 g fat

0 g saturated fat

2.1% calories from fat  
0 mg cholesterol  
1.2 g protein  
12.1 g total carbohydrate  
4.8 g sugar  
2 g fiber  
106 mg sodium  
24 mg calcium  
0.5 mg iron  
11.3 mg vitamin C  
6561 mcg beta-carotene  
0.4 mg vitamin E

Recipe by Brie Turner-McGrievy, M.S., R.D.<sup>2</sup>.

## Fruited Breakfast Quinoa

Quinoa is a highly nutritious grain that was a staple in the diet of the ancient Incas. It has a delicious flavor and a light, fluffy texture. It is important to rinse the grain thoroughly prior to cooking.

### **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.

## **Resources**

- 1- [Health Castle](#)
- 2 – [NutritionMD](#)
- 3 – Recipes compiled from [The Cancer Project](#)

