Fighting Cancer Cookbook

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Provided by
Caring For Cancer Ministry
First Presbyterian Church, Greenville, SC

Foreward

According to the American Cancer Society (cancer.org), more than 1.6 million new cancer cases are diagnosed each year. By gradually making small changes in our eating habits and cooking practices, we can begin the journey of healthy eating that over time can significantly impact our lives. We have put together a few savory recipes, a few sweet recipes, and a few substitutes for healthy ingredient swaps. We hope you enjoy these tasty recipes for fighting cancer, and we pray God will bless you with health beyond measure.

Contents

Savory & Tasty

Creamy Tomato Soup

Ingredients
- 6 large tomatoes
- ¼ cup raw cashews, soaked 30 minutes, drained
- ¼ cup nutritional yeast flakes (not brewer's yeast)
- 1 tsp sea salt

Directions

Add the ingredients to the blender (which can pulverize) or food processor in the order listed. Blend 4-5 minutes. Heat.

Garlic Parmesan Mashed Cauliflower

Ingredients
- 1 medium head cauliflower, broken into florets
- 3 garlic cloves, peeled
- ¼ cup 2% milk
- ¼ cup plain Greek yogurt (full fat)
- ¼ cup grated Parmesan cheese
- ¼ tsp salt
- ¼ tsp pepper

Directions
1. Place 1 inch of water in a large saucepan; add cauliflower and garlic. Bring to a boil. Reduce heat; cover and simmer for 10-12 minutes or until crisp-tender. Drain and cool slightly.
2. Transfer to a blender; add the remaining ingredients. Cover and process until smooth.
3. Spoon into a 1-quart baking dish coated with cooking spray. Bake, uncovered, at 350° for 25-30 minutes or until heated through and top is lightly browned.

5-Ingredient Butternut Squash Soup

Prep time 5 mins • **Cook time** 90 mins • **Total time** 1 hr 35 mins
Serves 4 to 6

*The recipe is adapted from no-chop roast pumpkin soup of RecipeTin Eats,
author Maggie Zhu.*

Ingredients
- 1 (1.5kg / 3-pound) butternut squash, halved lengthwise
- 2 tablespoons olive oil
- ¾ teaspoon salt or to taste
- 1 thumb ginger (coarsely chopped)
- 1 can coconut milk or to taste

Toppings
- (Option 1) Lemon zest and coconut flakes
- (Option 2) Sauteed mushrooms and chopped cilantro, chili flakes if you like it spicy

Directions
1. Preheat oven to 180°C (350°F).
2. Place butternut squash cut side up on a baking tray. Drizzle with oil, sprinkle with salt and pepper. Bake for 70 to 90 minutes, or until it is very tender and the surface is caramelized. You can test this by inserting a skewer to the thickest part, if there is no resistance it's done. It is better to slightly overcook the squash instead of undercook.
3. Make pumpkin puree in two batches. Scoop out seeds and discard. Scoop out squash meat from half of the squash, transfer to a food processor or a blender. You can use a pot and a immersion blender as well.
4. Add half of the ginger and $1/3$ can of coconut milk. Blend until smooth. Adjust consistency and flavor with water and/or coconut milk until desired texture.
5. Puree the other half of squash by using the same method.
6. You can serve the soup hot or cold. Either way is tasty.
7. To reheat the soup, pour in a small pot and cook over low heat. Stir occasionally to prevent from scorching the bottom. You might need to add a bit water from time to time.
8. To save the soup and serve later, transfer the puree to a container to cool. Once the soup cools down completely, seal the container and store in the fridge for 2 to 3 days, or in the freezer for 1 month. To heat up leftover soup, make sure to bring it to a simmer, for food safety purposes.

Rosemary Roasted Vegetables

Serves 4

Ingredients

- 2 tomatoes, chopped
- 2 carrots, thinly sliced
- 1 zucchini, thinly sliced
- 1 red bell pepper, chopped
- 1 cup broccoli florets
- 1 red onion, thinly sliced
- 1/2 cup fresh or frozen (thawed) corn kernels
- 2 tablespoons whipped butter (or trans-fat free soft-tub spread)
- 1/4 cup fresh minced rosemary
- 1/4 teaspoon red pepper flakes
- 1/4 teaspoon Kosher salt
- 1/4 cup balsamic vinegar
- 2 cloves garlic, minced

Directions

1. Preheat the oven to 400°F. Line a baking sheet with aluminum foil or parchment paper.
2. In a large bowl, combine the tomatoes, carrots, zucchini, bell pepper, broccoli, onion, and corn. Add the soft tub spread and rub it over all the vegetables until well coated. Add the rosemary, vinegar, garlic, red pepper flakes, and salt. Mix well. Spread out evenly on the prepared baking sheet. Sprinkle with 2 tablespoons of water.
3. Roast for 20 to 25 minutes, turning occasionally, until the vegetables are tender and the tomatoes begin to fall apart. Serve immediately.

Satisfyingly Sweet

Pumpkin Oatmeal Chocolate Chip Cookies

Ingredients
- ¾ cup quick oats (60g)
- ½ cup oat flour (70g)
- ¼ cup sugar (50g)
- 3 tbsp mini chocolate chips
- ½ tsp cinnamon
- ¼ tsp salt
- ¼ tsp baking soda
- 1/3 cup canned pumpkin (80g)
- 1-2 tbsp milk of choice, if needed
- 1 tbsp coconut or olive oil
- ¾ tsp pure vanilla extract

Directions
1. Preheat oven to 350°F.
2. Combine all dry ingredients in a large mixing bowl.
3. Add wet ingredients, and stir to form a batter. Add a little extra milk of choice only if needed.
4. Form balls, then place on a cookie tray and flatten a little.
5. Bake 10-12 minutes, depending on size.
6. Let cool an additional 10 minutes, during which time they will firm up.

Chocolate Chip-Sour Cream Coffee Babycakes

From The Great American Eat-Right Cookbook

These mini cakes, sized for portion control, are great for dessert or served as part of a brunch. Not too sweet, but very satisfying, they are a welcome addition when you need a little treat. Not a chocolate fan? Leave out the chips.

Prep time: 15 min or less • **Total time:** 30 min or less • **Serves 4**

Ingredients
- $1/3$ cup butter, room temperature
- ½ cup granulated sugar
- 1 egg
- ½ cup regular sour cream
- 1 teaspoon vanilla
- 1 cup all-purpose flour
- ¾ teaspoon baking soda
- ¼ cup mini chocolate chips
- 2 teaspoons cinnamon sugar*

Directions
1. Preheat the oven to 350°F. Lightly coat two mini-muffin tins with nonstick cooking spray.
2. With an electric mixer, beat butter and sugar. Add egg, sour cream, and vanilla and beat until well blended. Add flour and baking soda and beat until just combined. Scrape down sides and stir in chocolate chips. Spoon heaping teaspoons into muffin cups. Sprinkle with cinnamon sugar.
3. Bake for 8 to 12 minutes, or until tops just bounce back when touched. Leave in tins for 5 minutes before removing to a cooling rack.

* Make your own cinnamon sugar by combining ¼ cup granulated sugar with 1 tablespoon cinnamon. Store in an airtight container.

Per Serving:		
	Calories	80
	Calories from Fat	35
	Total Fat	4 g
	Saturated Fat	2.6 g
	Trans Fat	0.0 g
	Polyunsaturated Fat	0.2 g
	Monounsaturated Fat	1.1 g
	Cholesterol	20 mg
	Sodium	65 mg
	Total Carbohydrate	10 g
	Dietary Fiber	0 g
	Sugars	6 g

Choose-a-Flavor Cheesecake

From Celebrate! Healthy Entertaining for Any Occasion

Our recipe for cheesecake blends several low-fat ingredients to create a deliciously creamy dessert. Below are directions to adapt this basic recipe to create amaretto or strawberry flavored cheesecake

Serves 8

Ingredients
- 1 cup nonfat plain yogurt
- 4 ounces low-fat cream cheese
- ¼ cup part-skim ricotta cheese
- ¼ cup maple syrup
- 2 large egg whites
- 1 tsp vanilla extract
- Nonfat cooking spray

Directions
1. Preheat oven to 350°.
2. Coat an 8 x 8-inch pan with nonfat cooking spray.
3. Puree in blender the yogurt, cream cheese, ricotta cheese, maple syrup, cocoa, egg whites, cinnamon, and vanilla extract. Pour in pan.
4. Bake cake for 50 minutes or until set and cooked. Let cool, then decorate with slices of strawberries if desired.

Choose a Flavor

For any of these variations, replace the vanilla extract in the plain cheesecake recipe above with the ingredients listed below.

Chocolate Cheesecake
- 3 tablespoons cocoa powder
- 2 teaspoons ground cinnamon
- 1 teaspoon coffee liqueur or brewed coffee

Amaretto Cheesecake
- ½ tsp vanilla extract
- 2 tbsp. amaretto liqueur
- ¼ tsp. ground cinnamon

Strawberry Cheesecake
- 1 tsp. vanilla extract
- 1 tsp. strawberry extract

Whole Wheat Dark Chocolate
Zucchini Radish Brownies

Ingredients

- ¼ tsp salt
- 1 cup peeled and grated zucchini, well drained
- 1 cup finely shredded radishes, well drained
- 1 cup semi-sweet chocolate chips
- 2 large eggs
- 1 tbsp vanilla extract
- ¾ cup granulated sugar
- ¼ cup unsweetened applesauce
- 1 cup whole wheat flour
- ½ cup cocoa powder
- 1½ tsp baking soda

Directions

1. Preheat the oven to 350°F. Line 8x8-inch pan with parchment paper or spray with baking spray.
2. In a large bowl, mix together the eggs, vanilla, sugar, and apple sauce. Let sit for 5 minutes to let the sugar dissolve.
3. In a separate medium bowl, mix together the flour, cocoa powder, baking soda and salt. Make sure there are no clumps before going on to the next step.
4. Add the dry mix to the wet, gently stir until combined. Be sure not to over mix.
5. Then fold in the zucchini, radishes, and chocolate chips.
6. Pour the batter into the pan and even the surface with a spatula.
7. Bake for 30-35 minutes or until a toothpick inserted in the middle doesn't come out gooey. It might still be sticky but should not have raw batter on it.
8. Store up to one week in the refrigerator.

Simple Substitutes

Sugar Swaps

Unsweetened Applesauce: Replace sugar with applesauce in a 1:1 ratio, but for every cup of applesauce you use, reduce the amount of liquid in the recipe by ¼ cup

Vanilla: Replace percent of sugar in a recipe with an extra 1 tsp of vanilla (it naturally enhances the sweetness of a recipe)

Cinnamon: Replace percent of sugar in a recipe with 1 tsp cinnamon (it naturally enhances the sweetness of a recipe)

Oil/Butter Swaps

Unsweetened Applesauce: Replace sugar with applesauce in a 1:1 ratio, but for every cup of applesauce you use, reduce the amount of liquid in the recipe by ¼ cup

Avocado Puree: Replace oil/butter with equal amount of avocado puree

Mashed Bananas: Replace oil/butter with equal amount of mashed bananas

Pureed Prunes: Replace oil/butter with equal amount of prune puree (puree prunes with boiling water in a 3:1 ratio)

Pureed Nuts: Replace oil/butter with equal amount of pureed nuts (raw nuts soaked in water for 1-2 hours before pureeing work best)

Cream Swaps in Soup

Pureed Nuts: Add water or milk one tablespoon at a time to reach creamy consistency (raw nuts soaked in water for 1-2 hours work best); replace cream in a 1:1 ratio

Pureed Cannellini Beans: Add water or milk one tablespoon at a time to reach creamy consistency; replace cream in a 1:1 ratio

Pureed Sweet Potatoes: Add water or milk one tablespoon at a time to reach creamy consistency; replace cream in a 1:1 ratio

Nutritional Yeast: add flakes to soup one tablespoon at a time to reach desired consistency (nutritional yeast also gives a bit of a cheesy flavor to food)

Other Swaps

Plain Greek Yogurt for sour cream and mayonnaise (tanginess is particularly good in chicken/pasta/potato salads)

Zucchini Ribbons for pasta (use vegetable peeler and lightly saute or use raw)

Spaghetti Squash for pasta (roasted and pulled apart with a fork) Grated, steamed cauliflower for rice

Garlic Powder (not garlic salt) for salt

Pureed Black Beans for flour (swap drained, rinsed, and pureed beans in a 1:1 ratio; particularly good in dark-colored desserts)

Cancer Survivors Park

a 6.8 acre site along the Swamp Rabbit Trail in Greenville, SC

MAP KEY

1. Celebration Pavilion (upper level)
2. Survivorship Center (lower level)
3. Gathering Place
4. Healing Garden
5. Spirit Bridge
6. Boardwalk
7. Banks of the Reedy
8. Shadow Garden
9. Bridge Plaza
10. Children's Garden
11. Native Plant Botanical Garden
12. Leap of Faith Overlook
13. Falls Park Portal
14. Chamber Portal
15. Cleveland Park Portal
16. Church Street Portal
17. Boardwalk Overlook
18. Turning Point Plaza