

“Let Food Be Thy Medicine - Nutrition Tips for Cancer Risk Reduction and Survivorship”

We are excited to cook with you and to talk about the impact of food on your health! Our class focuses on easy, delicious plant-based recipes and evidence-based strategies for healthy eating for cancer risk reduction, and optimization for the health of cancer survivors. We'll be making Sweet Potato Chili and Warm Kale Salad with Roasted Beets.

To make the most of our time together, there are a few things you will need to do in advance of the class, so please read closely:

- Preheat oven to 400 degrees.
- Ensure that you have all the ingredients listed for the recipe
- Ensure that you have all the equipment needed on the equipment list
- Measure and prepare your ingredients in advance
 - This is a VERY important step to make things run as smoothly as possible.
 - Here is a link to a nice video explaining how to prepare your space before cooking
 - Simple video (1 min), [click here.](#)
- If you want to get a head start you can view this video on basic knife skills, some of which we will go over in class, [click here.](#)
- See the attached photos for examples of the prepped ingredients, also known as Mise en place.

In advance:

For the Salad:

- Prep and measure all ingredients. We'll process the beets and kale together. We'll be using pre-cooked, pre-peeled beets for class. If you are using fresh beets, bring them peeled to class.

For the Chili:

- Prep and measure all ingredients. We'll process the onion and peppers together.

Equipment List

Chef's knife
Cutting board
Measuring cups
Measuring spoons
Large Dutch oven or soup pot with lid
Rubber spatula
Small oven proof baking dish
Aluminum foil
Small saucepan
Large saucepan
Serving platter for salad

Shopping List --

Produce/Fresh Ingredients

- 2 medium carrots
- 1 medium green pepper
- 1 medium red pepper
- 2 pounds sweet potatoes (about 4 cups)
- 4 precooked or fresh red beets
- 6 oz fresh curly kale (about 8 cups)

Non-Perishables

- Canola oil
- Kosher or sea salt and fresh cracked black pepper
- 1 medium onion
- 5 garlic cloves
- 1 can black beans (or substitute kidney or navy beans)
- 1 can (28-oz) crushed tomatoes in juice
- 1 can (6-oz) tomato paste
- 2 cans (4 oz each) diced mild green chilies with liquid
- Chili powder
- Ground cumin
- Balsamic vinegar
- ½ cup red quinoa (or white or tricolored)
- 2 cups low-sodium vegetable broth
- Smoked paprika

Optional Toppings

- ½ cup chopped roasted peanuts
- 1 bunch of cilantro, chopped
- ½ cup shredded cheddar cheese
- ½ cup low-fat Greek yogurt

Recipes

Adapted from American Institute for Cancer Research

Sweet Potato Chili

This vegetarian one-pot meal is easy and comforting on a cold winter's evening. Earthy sweet potatoes and carrots form the base and provide cancer-fighting fiber and carotenoids. Tomatoes, peppers and onion add even more flavor and nutrition. You can easily swap out any of the vegetables, adjust the seasoning to add some spice and make your own topping bar to add flavor, color and texture to your dish!

Serves 10 (1 cup servings)

Ingredients:

- 2 tablespoons canola oil (or any neutral oil)
- 1 medium onion, chopped
- 2 medium carrots, peeled and thinly sliced
- 1 medium green pepper, seeded and cut ¼ inch dice
- 1 medium red pepper, seeded and cut ¼ inch dice
- 3 garlic cloves, minced
- 4-6 teaspoons chili powder, to taste
- 1 tablespoon ground cumin
- 2 pounds sweet potatoes, peeled and cut into ¼ inch cubes (about 4 cups)
- 1 can black beans, rinsed and drained (substitute kidney or navy beans)
- 1 can (28 oz) crushed tomatoes in their juice
- 1 can (6 oz) tomato paste
- 2 cans (4 oz each) diced mild green chilies with liquid
- 1 cup water
- Kosher salt
- Fresh ground black pepper
- Optional toppings – crushed roasted peanuts, chopped cilantro, shredded cheddar cheese, low fat Greek yogurt

Instructions:

- 1.) In a large, heavy pot, heat oil over medium heat.
- 2.) Add onions, carrots, bell peppers and 1 teaspoon of salt, sauté until soft, about 8 minutes.
- 3.) Add garlic, chili powder and cumin, stir until fragrant, about 30 seconds.
- 4.) Add tomato paste and stir until paste turns dark red, about 1 minute.
- 5.) Stir in sweet potatoes, beans, tomatoes and chilies with their liquid and 1 cup of water.
- 6.) Bring to a boil, then reduce heat to low, cover and simmer gently, stirring occasionally, until sweet potatoes are just tender, about 20 mins.
- 7.) Season to taste, serve with toppings if desired. Makes great leftovers, which can be stored in the fridge for up to one week or in the freezer.

Warm Kale Salad

Kale is rich in cancer protective isothiocyanates and the carotenoids lutein and beta-carotene. Beets contain compounds called anthocyanins and betalins. Red quinoa provides protein and cancer-fighting fiber. All these benefits make for a super nutritious, delicious and colorful winter meal or side salad.

Serves 4

Ingredients:

- 4 pre-cooked or fresh medium beets, trimmed, peeled, cut into bite-sized pieces
- 1/3 cup balsamic vinegar
- 2 tablespoons canola oil, divided (or another neutral oil)
- Kosher salt
- Fresh ground black pepper

- ½ cup red quinoa, rinsed and drained (or white or multi-colored quinoa)
- 2 cups low-sodium vegetable broth, divided
- 2 garlic cloves, minced
- ½ teaspoon smoked paprika
- 6 oz of chopped fresh curly kale, about 8 cups

Instructions:

- 1.) Preheat oven to 400 degrees.
- 2.) Place raw beets in baking dish and drizzle with vinegar and 1 tablespoon oil. Season with salt and pepper. Cover dish with foil. Cook 30 minutes. Remove foil and stir beets. Leave uncovered and roast until tender, about 15-20 minutes. Set aside to cool. (If using pre-cooked beets, only roast for 15 minutes).
- 3.) In small saucepan combine quinoa and 1 cup broth and bring to a boil. Reduce heat to simmer, cover and cook until most of the liquid has evaporated, about 15 minutes. Remove from heat and set aside.
- 4.) In a large saucepan, heat 1 tablespoon of oil over medium heat. Sauté garlic and paprika until garlic just begins to become fragrant, about 30 seconds. Add ½ cup broth and kale and sauté until wilted, about 5 minutes.
- 5.) Add more broth if needed to keep kale moist. Add quinoa and stir to combine. Season to taste.
- 6.) Transfer kale to servings platter, arrange beets on top, drizzle liquid from beets and serve.

Grains Guide

Whole grains can be used as an alternative to rice or pasta in salads, stuffings, and casseroles; added to soups, or prepared pilaf-style as a side dish.

The grains will roughly triple in volume once cooked. The recipes can be scaled up by increasing the amounts of oil, grain, water, and salt proportionally. Cooking times will remain the same.

Pilaf-Style/ Absorption method - Heat 1 tablespoon oil in a medium saucepan over medium-high heat until shimmering. Stir in grain and toast until lightly golden and fragrant, about 3 minutes. Stir in water and ¼ teaspoon salt. Bring to simmer, reduce heat to low, cover, and continue to simmer until grains are tender and have absorbed all water, following cooking times below. Remove from heat, let sit for 10 minutes, and fluff with a fork before serving.

Boiled/ Pasta Method - Bring water to boil in a large saucepan over high heat. Stir in grain and ½ teaspoon salt. Return to boil, then reduce heat to medium-low and simmer until tender, following cooking times below. Drain.

GRAIN GUIDE

GRAIN (1 CUP)	FLAVOR	WATER (CUPS)	COOKING TIME (MIN.)
Pilaf-Style			
Bulgur (cracked wheat)*	Wheaty	1	16-18
Millet †	Corny	2 1/4	25-30
Quinoa	Mild, Nutty	1	16-18

Boiled

Buckwheat groats (kasha)	Assertive, nutty	8	5
Bulgur (cracked wheat)	Wheaty	8	5
Farro	Mild, earthy	8	15-20
Pearl barley	Mild, nutty	8	20-25
Rye berries	Robust, nutty	8	45-50
Spelt	Rich, sweet, nutty	8	45-50
Wheat berries	Subtly earthy, nutty	8	60

* Do not rinse, and skip toasting step, adding grains to pot with liquid. Add ½ teaspoon salt to the water.

† Toast until grains begin to pop, about 10 minutes.