



This month we are sharing an online cancer nutrition resource with you, particularly its suggestions for healthy Thanksgiving Dinner ideas. The organization is The Cancer Project, and the website is [www.CancerProject.org](http://www.CancerProject.org). To begin, we will share a bit of information from the website on The Cancer Project's mission.

On the 'Contact Us' link, the following information is provided:

"The Cancer Project has two main goals: First, we aim to make cancer prevention a top priority. Just as important, we want to improve survival after cancer has been diagnosed by providing comprehensive information about the role of dietary factors in keeping people healthy.

With over one million people being diagnosed with cancer in the United States each year-and many more cases in other countries across the globe-there is an urgent need for a new direction in battling this disease.

The Cancer Project provides classes, books, video programs, fact sheets, brochures, and other educational materials on cancer prevention and survival. We also conduct clinical research studies to investigate dietary issues and publicize the need for cancer prevention and the value of healthy diet changes. The Cancer Project's hands-on nutrition classes have become incredibly popular, helping cancer survivors and their families learn new tastes and easy food preparation skills. Staff members are regularly interviewed by the media and often give public lectures.

For more information about The Cancer Project, please e-mail [info@cancerproject.org](mailto:info@cancerproject.org)."

From [www.CancerProject.org](http://www.CancerProject.org)

Thanksgiving <<http://www.cancerproject.org/recipes/thanksgiving/index.php>>

Before implementing any new ideas or suggestions into your nutrition plans, CFN recommends you first talk it over with your doctors.

Marise Rowell, Program Director  
Cancer Family Network of Montana

### Thanksgiving Recipes and Meal-Planning Tips

The holiday season provides an opportunity to try new healthy recipes and share them with your friends and family. You can turn traditional family recipes into healthier ones by making simple plant-based substitutions. For your

<http://www.cancerproject.org/recipes/thanksgiving/appetizers.php> convenience, The Cancer Project team has pooled together some holiday recipe favorites and resources so that your Thanksgiving meal will be a great success. The key is to incorporate fresh seasonal fruits and vegetables into your recipes and keep try and keep your recipes simple.

## Appetizers:

<<http://www.cancerproject.org/recipes/thanksgiving/appetizers.php>>

Substitute dairy-free, low-fat versions of mayonnaise, yogurt, and sour cream to make dips and serve with a variety of raw vegetables. Or try these Cancer Project favorites:

### Veggies in a Blanket

Makes 40 individual pieces

This veggie party food is simple to prepare, can be made with your favorite bean spread and fresh vegetables, and kids just love them!

1 cup Hummus  
8 whole-wheat tortillas  
4 carrots, grated  
8 lettuce leaves, 1 cup baby spinach leaves, or 1 5-ounce container sprouts

Spread hummus or bean spread thinly on tortillas, then add carrots and lettuce, spinach, or sprouts. Roll up each tortilla, secure each with 5 evenly placed toothpicks, and slice into 5 individual rolls per tortilla (one toothpick per roll).

Variation :Add thin sticks of cucumber or red bell pepper before rolling.

Per serving (4 pieces):

122 calories

2.8 g fat

0.3 g saturated fat

18% calories from fat

0 mg cholesterol

5 g protein

20.6 g carbohydrate

1.5 g sugar

4.9 g fiber

251 mg sodium

27 mg calcium

2 mg iron

2.1 mg vitamin C

1424 mcg beta-carotene

0.4 mg vitamin E

Recipe by Amy Lanou, Ph.D. and taken from [www.CancerProject.org](http://www.CancerProject.org).

## 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. and taken from [www.CancerProject.org](http://www.CancerProject.org).

## Stuffed Mushrooms

Makes 20 stuffed mushrooms

These are a great party food because they can be made in advance and served at room temperature or heated just before serving. And, your guests will be thrilled to hear that they're rich in fiber, which helps boost immune strength.

- 1/4 cup uncooked millet
- 3/4 cup water
- 1 10-ounce package frozen chopped spinach, thawed, or 5 ounces of fresh, steamed and chopped spinach
- 20 large button mushrooms or your favorite mushrooms
- 2 tablespoons cashews, or 2 teaspoons cashew butter
- 2 teaspoons onion powder
- 1/2 teaspoon garlic powder
- 3/4 teaspoon salt
- 1 tablespoon soy sauce
- 1 tablespoon balsamic vinegar
- 2 garlic cloves, minced
- 2 green onions, finely chopped
- 1 teaspoon dried basil
- 1 tablespoon sesame seeds, preferably toasted

Bring millet and water to a boil and then reduce heat to simmer and cook for 30 minutes, or until all water is absorbed.

Place spinach in a colander and press out as much liquid as possible.

Clean mushrooms and remove stems. Set aside.

Combine cooked millet, cashews, onion powder, garlic powder, and salt in a blender. Process on high until very smooth, about 2 minutes. Stop the blender occasionally to scrape down sides of jar with a rubber spatula. Set aside.

Warm soy sauce and vinegar in a non-stick skillet. When mixture begins to bubble, add garlic and cook over medium heat, stirring constantly, until slightly softened, about 1 minute. Add mushrooms, top sides down. Cover and cook over medium-low heat until tops are browned, 3 minutes. Flip and cook second sides 3 minutes. Remove from pan and set aside.

Without washing pan, add spinach, green onions, and basil. Cook over medium heat, stirring often until spinach is very dry, about 2 minutes. Stir in millet mixture and sesame seeds. Cook

over medium heat, stirring constantly, until very hot and thickened. Spoon into mushroom caps and serve or refrigerate for later use.

To reheat stuffed mushrooms, place in a baking dish and heat in a 350°F oven until warmed through, about 12 minutes. May also be served at room temperature.

Per serving (4 mushrooms):

127 calories

3.6 g fat

0.6 g saturated fat

25.4% calories from fat

0 mg cholesterol

5.9 g protein

20.1 g carbohydrate

1.6 g sugar

4.8 g fiber

577 mg sodium

95 mg calcium

3 mg iron

5.9 mg vitamin C

2750 mcg beta-carotene

1.4 mg vitamin E

Recipe by Jennifer Raymond, M.S., R.D.

## SOUPS

### Creamy Root Soup

Makes about 10 1-cup servings

This soup is made with a variety of root vegetables and supplies an assortment of cancer-fighting antioxidants to help prevent free radical damage. Rutabaga is a type of cruciferous vegetable, which contains the antioxidants b-carotene and sulforaphane, which are particularly important for protecting against breast cancer. This recipe also includes a variety of healthful spices such as turmeric and curry, which contain the cancer-fighting compound curcumin.

3 1/2–4 cups water or vegetable broth, divided (1/2 cup plus 3 cups plus 1/2 cup)

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1 large onion, chopped  
1 large baking potato,  
2 large carrots, sliced  
1 medium rutabaga, peeled and chopped  
1 large sweet potato, chopped

chopped

1 1/2 teaspoons salt  
1/2 teaspoon ground ginger  
1/2 teaspoon ground cumin  
1/2 teaspoon turmeric  
1/8 teaspoon crushed red pepper or cayenne pepper  
4 cups washed, coarsely chopped fresh spinach

Heat 1/2 cup water or broth in a large pot. Add onion and cook over high heat, stirring often, until soft and translucent, about 5 minutes.

Stir in 3 cups water or broth and remaining ingredients except spinach. Bring to a simmer, then cover and cook, stirring occasionally, until vegetables are tender and the soup is thickened, about 30 minutes.

Stir in spinach and simmer until just tender, about 5 minutes. Add remaining 1/2 cup water or broth, if desired, for a thinner soup.

Per 1-cup serving:

70 calories  
0.3 g fat  
0.1 g saturated fat  
3.3% calories from fat  
0 mg cholesterol

2 g protein  
16 g carbohydrate  
3.8 g sugar  
2.9 g fiber

386 mg sodium  
55 mg calcium  
1.5 mg iron  
16.6 mg vitamin C  
3767 mcg beta-carotene  
0.6 mg vitamin E

Recipe by Jennifer Raymond, M.S., R.D.

## Pumpkin Soup

Makes about 8 1-cup servings

This sweet and creamy soup has just a hint of spiciness. It can also be made with puréed winter squash, yams, or sweet potatoes in place of the pumpkin.

1 tablespoon olive oil  
1 onion, chopped  
2 garlic cloves, minced  
1/2 teaspoon mustard seeds  
1/2 teaspoon turmeric  
1/2 teaspoon ground cumin  
1/4 teaspoon cinnamon  
3/4 teaspoon salt  
1/2 teaspoon ground ginger  
2 cups water or Vegetable Broth  
1 15-ounce can pumpkin  
2 tablespoons maple syrup or other sweetener  
1 tablespoon lemon juice  
2 cups fortified soy- or rice milk

Warm oil in a large pot. Add onion and garlic and cook over medium heat until onion is soft, about 5 minutes.

Add mustard seeds, turmeric, ginger, cumin, cinnamon, and salt and cook 2 minutes over medium heat, stirring constantly.

Whisk in water or broth, pumpkin, syrup or other sweetener, and lemon juice.  
Simmer 15 minutes.

Remove from heat and stir in non-dairy milk. Transfer about 3 cups to a blender and purée until very smooth. Repeat with remaining soup. Be sure to start on low speed and hold lid on tightly. Return to the pot and heat without boiling, until steamy.

Per 1-cup serving:

Calories: 89

Fat: 3 g

Saturated Fat: 0.5 g

Calories from Fat: 30.5%

Cholesterol: 0 mg

Protein: 3 g

Carbohydrates: 13.8 g

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Sugar: 7 g  
Fiber: 2.5 g

Sodium: 262 mg  
Calcium: 101 mg

Iron: 1.7 mg  
Vitamin C: 3.9 mg  
Beta Carotene: 3691 mcg  
Vitamin E: 1.7 mg

Source: Healthy Eating for Life for Children by Amy Lanou, Ph.D.; recipe by Jennifer Raymond

## Main Dishes

### No-Meat Loaf

Makes 1 loaf (about 12 slices)

Serve this great-tasting loaf with Mushroom Gravy for a hearty meal that's sure to please. A food processor makes it easy to make the bread crumbs (or you can purchase already-prepared bread crumbs) and to finely chop the walnuts and vegetables.

1 1/4 cups quick-cooking or regular rolled oats  
1 1/2 cups bread crumbs, preferably whole-wheat (2–3 slices bread)  
1/4 cup finely chopped walnuts  
1 small onion, finely chopped  
2 celery stalks, finely chopped  
1 carrot, finely chopped  
1/2 green bell pepper, seeded and finely chopped  
1 14-ounce package Lightlife Gimme Lean Ground Beef Style meat substitute, other ground beef-style meat substitute, or 2 cups cooked bulgur  
3 tablespoons reduced-sodium soy sauce  
1 cup plain tomato sauce, or 1 cup of crushed tomatoes  
2 teaspoons stone-ground or Dijon mustard  
1/2 teaspoon dried thyme  
1/2 teaspoon dried sage  
1/4 teaspoon black pepper  
vegetable oil spray  
1/2 cup ketchup or barbeque sauce (optional)

Preheat oven to 350°F.

Use a food processor to finely chop walnuts, onion, celery, carrot, and green bell pepper. Combine all ingredients except vegetable oil spray and ketchup or barbeque sauce in a large bowl. Stir with a large spoon or knead by hand until well-mixed, about 1 minute.

Press into a vegetable oil sprayed 5"×9" loaf pan or similar baking dish.

Top with ketchup or barbeque sauce, if using. Bake 60 minutes. Let stand 10 minutes before cutting.

Per slice:

104 calories

2.6 g fat

0.3 g saturated fat

22% calories from fat

0 mg cholesterol

8.2 g protein

13.9 g carbohydrate

2.7 g sugar

2.5 g fiber

418 mg sodium

37 mg calcium

1.7 mg iron

5.9 mg vitamin C

463 mcg beta-carotene

0.6 mg vitamin E

Recipe by Jennifer Raymond, M.S., R.D.

## Pan-Seared Portobello Mushrooms

Makes 4 servings

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.

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.

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

Recipe by Jennifer Raymond, M.S., R.D.

## Lentil Artichoke Stew

Makes 6 servings

The artichokes in this dish add dietary fiber, vitamin C, and folate. 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.

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.

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

Recipe by Jennifer Reilly, R.D.

## Vegetable Sides

### Parsnip Mashed Potatoes

Makes about 4 1-cup servings

These are absolutely the most delicious mashed potatoes and they're nearly fat free! The garlic in this recipe adds flavor and many health benefits.

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Garlic contains two main medicinal compounds—allicin and diallyl sulphides—which can help boost the immune system and fight off cancer.

3 garlic cloves  
1 parsnip, peeled  
2 large russet potatoes, peeled  
3/4 cup water  
1/2 cup unsweetened soy- or other non-dairy milk  
1/2 teaspoon salt, to taste  
1/8 teaspoon black pepper, to taste

Spread garlic in a medium pot. Cut parsnip into 1-inch chunks and place over garlic. Cut potatoes into 1-inch chunks and spread over parsnips. Add water. Bring to a low simmer. Cover pan, reduce heat to low, and cook until tender when pierced with a knife, about 25 minutes. Check occasionally, adding extra water a tablespoon at a time if pot becomes dry.

Mash with a potato masher or fork, then stir in enough non-dairy milk to obtain a creamy consistency. Add salt and black pepper.

Per 1-cup serving:

161 calories  
0.6 g fat  
0.1 g saturated fat  
3.4% calories from fat  
0 mg cholesterol

4.1 g protein  
36.1 g carbohydrate  
3 g sugar  
4.3 g fiber

328 mg sodium  
63 mg calcium  
0.9 mg iron  
15.1 mg vitamin C  
3 mcg beta-carotene  
0.3 mg vitamin E

Recipe by Jennifer Raymond, M.S., R.D.



## Wonderful Winter Squash

Makes 4 1-cup servings

Winter squash is available throughout the year in most places. If you've never tried a butternut, kabocha, or delicata squash, you're in for a real treat. They can be steamed or baked, or prepared as described below.

1 winter squash  
1/2 cup water  
1 tablespoon reduced-sodium soy sauce  
2 tablespoons maple syrup

Peel squash, cut in half and remove seeds. Cut squash into 1/2-inch cubes (you should have about 4 cups).

Place into a large pot with water. Add soy sauce and maple syrup. Cover and simmer over medium heat, stirring occasionally, until squash is tender when pierced with a fork, 15 to 20 minutes.

Per 1-cup serving  
Calories: 66  
Fat: 0.4 g  
Saturated Fat: 0.1 g  
Calories from Fat: 5.2%  
Cholesterol: 0 mg

Protein: 1.1 g  
Carbohydrates: 16 g  
Sugar: 9.8 g  
Fiber: 2.8 g

Sodium: 135 mg  
Calcium: 30 mg  
Iron: 0.6 mg  
Vitamin C: 9.6 mg  
Beta Carotene: 2806 mcg  
Vitamin E: 0.1 mg

Source: Healthy Eating for Life for Women by Kristine Kieswer; recipe by Jennifer Raymond, M.S., R.D.

## Brown Rice Pilaf

Makes about 4 1-cup servings

This richly flavored pilaf may be served as a side dish or used as a stuffing.

¼ cup water  
1 onion, chopped  
1/2 pound mushrooms, chopped (about 2 1/2 cups)  
1/2 teaspoon dried thyme  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
2 garlic cloves, minced  
1/2 cup dry white wine, divided (2 tablespoons plus 6 tablespoons)  
1 cup dry long-grain brown rice (preferably basmati or jasmine)  
2–3 cups boiling water or vegetable broth, divided

Heat water in a large pot. Add onion, mushrooms, thyme, salt, and black pepper. Cook over medium heat, stirring often, until onion is soft and mushrooms are browned, about 5 minutes.

Add garlic and 2 tablespoons wine. Cook 1 minute, stirring constantly.

Add rice, 2 cups boiling water or broth, and remaining 6 tablespoons wine. Stir to mix, then cover and cook over low heat, checking pan occasionally during cooking. Add small amounts of remaining water or broth if needed to prevent sticking. Pilaf is done when rice is tender to the bite, about 60 minutes.

Per 1-cup serving:

216 calories  
1.6 g fat  
0.3 g saturated fat  
6.8% calories from fat  
0 mg cholesterol

5.3 g protein  
40.9 g carbohydrate  
2 g sugar  
6.4 g fiber

306 mg sodium  
32 mg calcium  
1.7 mg iron  
3.3 mg vitamin C  
3 mcg beta-carotene



0.1 mg vitamin E

Recipe by Jennifer Raymond, M.S., R.D.

## Festive Fruited Yams

Makes 8 servings

This recipe contains pectin, a soluble fiber found in fruits and vegetables, which can help kill prostate cancer cells. Apples, peaches, and citrus fruit are the most concentrated sources of pectin. This sweet low-fat recipe makes an excellent side dish or dessert and is an opportunity to boost your immune system and cancer-fighting capacity over the holiday season.

4 yams or sweet potatoes, peeled  
1 large green apple, peeled and chopped  
1 cup fresh cranberries, or 1/4 cup dried cranberries  
1/2 cup raisins  
2 tablespoons sugar or other sweetener  
1/2 cup orange juice

Preheat oven to 350°F.

Cut yams into 1-inch chunks and place in a large baking dish. Top with apple, cranberries, and raisins. Sprinkle with sugar or other sweetener, then pour orange juice over all. Cover and bake for 1 hour and 15 minutes, or until yams are tender when pierced with a fork.

Per serving (1/8 of recipe):

114 calories  
0.2 g fat  
0 g saturated fat  
1.5% calories from fat  
0 mg cholesterol

1.6 g protein  
28.2 g carbohydrate  
17.6 g sugar  
3.1 g fiber

23 mg sodium  
33 mg calcium  
0.7 mg iron  
20.1 mg vitamin C  
6571 mcg beta-carotene  
0.6 mg vitamin E

Recipe by Jennifer Raymond, M.S., R.D.

## Salad of Spicy Greens with Fruit and Pine Nuts Makes about 6 1-cup servings

This colorful salad is a delightful blend of flavors. Spicy greens are available in supermarkets, natural food stores, and at farmers markets.

Examples are arugula, mizuna, watercress, radicchio, red mustard, or Belgian endive. You can also use a pre-washed salad mix that contains these greens.

6 cups mixed spicy greens  
1 ripe pear, cored and chopped  
1 tangerine, seeded and sectioned  
2 tablespoons balsamic vinegar  
2 tablespoons apple juice concentrate  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1–2 tablespoons pine nuts

Wash greens and pat dry. Tear any large leaves into bite-size pieces. Mix with pear and tangerine in a bowl.

Combine vinegar, apple juice concentrate, and salt in a jar. Just before serving, shake dressing and pour over salad. Toss to mix. Divide among serving plates and sprinkle with black pepper and pine nuts.

Per 1-cup serving:

48 calories  
1.1 g fat  
0.1 g saturated fat  
21.2% calories from fat  
0 mg cholesterol

1.1 g protein  
9.7 g carbohydrate  
6.3 g sugar  
1.6 g fiber

110 mg sodium  
33 mg calcium  
0.4 mg iron  
12.6 mg vitamin C  
442 mcg beta-carotene



0.6 mg vitamin E

Recipe by Jennifer Raymond, M.S., R.D.  
Thanksgiving Recipes and Meal-Planning Tips:

## Sauces

### Mushroom Gravy

Makes 4 servings

This gravy is delicious with No-Meat Loaf, but enjoy it with any dish that can handle a scrumptious, healthy gravy.

- 12 ounces button or cremini mushrooms
- 1/4 cup water
- 1/4 cup flour
- 1 1/2 cups vegetable broth, divided (1 cup plus 1/2 cup)
- 1–2 tablespoons soy sauce (optional)
- 1 teaspoon Italian seasonings
- 1/4 teaspoon salt, or to taste
- 1/4 teaspoon black pepper, to taste

Clean and slice mushrooms, then sauté in water until soft, about 5 minutes.  
Mix flour with 1 cup broth until smooth by shaking it in a small plastic container with a tight fitting lid.

Add remaining 1/2 cup broth, soy sauce (if using), Italian seasonings, and about 1/2 of the flour mixture to the mushrooms. Bring gravy to a simmer for 3 to 5 minutes, stirring often. Add the remaining flour mixture and continue heating and stirring until thickened. Add salt and black pepper to taste.  
Serve warm (and as soon as possible).

Per serving (1/4 of recipe):

- 50 calories
- 0.4 g fat
- 0.1 g saturated fat
- 6.8% calories from fat
- 0 mg cholesterol

- 2.2 g protein
- 10.3 g carbohydrate

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1.1 g sugar  
1.7 g fiber

524 mg sodium  
13 mg calcium  
1.6 mg iron  
2.8 mg vitamin C  
233 mcg beta-carotene  
0.1 mg vitamin E

Recipe by Amy Lanou, Ph.D.

## Zesty Cranberry Sauce

Makes 8 servings

2 cups fresh or frozen cranberries  
1/2 cup orange juice concentrate  
2 ripe pears, finely chopped  
1 medium apple, finely chopped  
1/4 teaspoon cinnamon  
1 teaspoon grated orange peel  
1/2 cup raw sugar or other sweetener, or to taste

Combine cranberries, juice concentrate, pears, apple, cinnamon, and orange peel in a saucepan and bring to a simmer over medium heat. Continue cooking, uncovered, until cranberry skins pop and mixture is thickened slightly, about 10 minutes. Add sugar or other sweetener to taste.

Serve hot or cold.

Per serving (1/8 of recipe)

Calories: 121

Fat: 0.3 g

Saturated Fat: 0 g

Calories from Fat: 2.4%

Cholesterol: 0 mg

Protein: 0.7 g

Carbohydrates: 30.6 g

Sugar: 25.8 g

Fiber: 2.9 g

Sodium: 6 mg

Calcium: 24 mg

Iron: 0.5 mg  
Vitamin C: 30.4 mg  
Beta Carotene: 33 mcg  
Vitamin E: 0.3 mg

Source: Food for Life by Neal Barnard, M.D.; recipe by Jennifer Raymond, M.S., R.D.

## DESSERTS

### Berry Applesauce

Makes 4 1/2-cup servings

New research from the University of Georgia suggests that pectin, a soluble fiber found in fruits and vegetables, can help kill prostate cancer cells.

Apples, peaches, and citrus fruit are the most concentrated sources of pectin. This sweet low-fat recipe makes an excellent dessert and is an opportunity to boost your immune system and cancer-fighting capacity over the holiday season! The berries give this applesauce a deep red or purple color and add a hefty dose of anthocyanins, potent cancer-fighting antioxidants. Serve hot or cold. Top with low-fat granola (Optional).

2 cups peeled, cored, and chopped apples  
2 cups fresh or frozen (unsweetened) strawberries, blueberries, or raspberries  
1/2 cup frozen apple juice concentrate  
1 teaspoon cinnamon

Combine all ingredients in a medium saucepan. Bring to a simmer, then cover and cook over very low heat for about 25 minutes, or until apples are tender when pierced with a fork. Mash lightly with a potato masher or purée in a food processor, if desired.

Per 1/2-cup serving:

108 calories  
0.4 g fat  
0 g saturated fat  
3.5% calories from fat  
0 mg cholesterol

0.8 g protein  
26.9 g carbohydrate  
20.1 g sugar  
2.7 g fiber

11 mg sodium

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29 mg calcium  
0.9 mg iron  
49.2 mg vitamin C

13 mcg beta-carotene  
0.4 mg vitamin E

Recipe by Jennifer Raymond, M.S., R.D.

## Apple Cranberry Crisp

Makes 8 servings

This dessert is perfect for autumn, when cranberries are available and apples are fresh, but you can make it at other times of the year if you buy extra bags of cranberries and freeze them. Brown rice syrup is available at health food stores.

2 large tart apples, peeled and sliced  
1/2 cup fresh or frozen cranberries  
3/4 cup Grape-Nuts cereal  
3/4 cup rolled oats  
1/2 teaspoon cinnamon  
1/3 cup brown rice syrup  
2/3 cup apple juice  
1/4 teaspoon cornstarch or arrowroot

Preheat oven to 350°F.

Arrange apple slices in a 9"×9" baking dish, then sprinkle with cranberries.

In a bowl, mix Grape-Nuts, oats, and cinnamon, then stir in brown rice syrup. Spread evenly over apples. In a small bowl or measuring cup, mix apple juice and cornstarch or arrowroot, then pour evenly over other ingredients.

Bake for 50 minutes, or until apples are tender.

Per serving (1/8 of recipe)

Calories: 148

Fat: 0.9 g

Saturated Fat: 0.2 g

Calories from Fat: 5.3%

Cholesterol: 0 mg

Protein: 2.5 g

Carbohydrates: 35.1 g

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Sugar: 14.4 g  
Fiber: 3 g

Sodium: 84 mg

Calcium: 14 mg  
Iron: 3.5 mg  
Vitamin C: 3 mg  
Beta Carotene: 20 mcg  
Vitamin E: 0.2 mg

Source: Food for Life by Neal Barnard, M.D.; recipe by Jennifer Raymond, M.S., R.D.

## Pumpkin Custard Pie

Makes 8 servings

Made this way, pumpkin pie can actually be healthy! Pumpkin is a rich source of beta-carotene, a well-known cancer-fighting agent, which is also important for cancer survival. Note that the fat in this recipe comes from the commercial pie crust, so a nutrient analysis without the pie crust is also provided.

1 1/2 cups soymilk  
4 tablespoons cornstarch  
1 1/2 cups solid-pack canned pumpkin or cooked pumpkin  
1/2 cup sugar (preferably raw or turbinado) or other sweetener  
1/2 teaspoon salt  
1 teaspoon cinnamon  
1/2 teaspoon ground ginger  
1/8 teaspoon ground cloves  
1 unbaked commercial pie crust

Preheat oven to 375°F.

In a large bowl, whisk together soymilk and cornstarch until smooth, then stir in pumpkin, sugar or other sweetener, salt, cinnamon, ginger, and cloves. Pour into pie crust and bake for 45 minutes, or until firm. Cool before cutting.

Per serving (1/8 of pie, with crust):

185 calories  
6.1 g fat  
1.5 g saturated fat  
29.5% calories from fat  
0 mg cholesterol

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3.2 g protein  
30.6 g total carbohydrates  
14.5 g sugar  
2.4 g fiber

283 mg sodium  
84 mg calcium  
2 mg iron  
2.2 mg vitamin C  
3189 mcg beta-carotene  
1.2 mg vitamin E

Per serving (1/8 of pie, without crust):

103 calories  
0.9 g fat  
0.2 g saturated fat  
7.9% calories from fat  
0 mg cholesterol

2.1 g protein  
22.8 g total carbohydrates  
14.5 g sugar  
2.1 g fiber

181 mg sodium  
83 mg calcium  
1.5 mg iron  
2.2 mg vitamin C  
3189 mcg beta-carotene  
1.1 mg vitamin E

Recipe by Jennifer Raymond, M.S., R.D.

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