

Fight Breast Cancer in your Kitchen

recipes by
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Choosing a breast cancer protective diet is not only about the foods that women should give up, but also about what specific foods they should include. According to research conducted by internationally renowned biochemist Dr. Richard Beliveau of the University of Quebec, certain foods specifically inhibit the growth of breast cancer cells. They include garlic, leeks, scallions, cauliflower, cabbage, kale, broccoli, onions, spinach and beets. Other research demonstrates the protective effect of extra virgin olive oil, beans, lentils, and flaxseeds. The following simple, delicious recipes contain several of these ingredients that help protect against breast cancer – including a guilt-free dessert that is so nutritionally dense that it is actually better for you than if you didn't eat dessert at all! Enjoy!

Recipes excerpted from Susan Silberstein's recipe book *Hungry for Health*
(www.HungryforHealth.net)

[Note: use as many organic ingredients as possible, as their levels of cancer-fighting micronutrients are much higher than in non-organic foods]

Appetizer: Celery Boats with Bean Dip

4 C cooked white beans, drained
2 cloves garlic, minced
1/4 C lemon juice
2 tsp extra virgin olive oil
1 tsp finely chopped fresh or 1/2 tsp dried parsley
sea salt to taste
pepper to taste
5 stalks of celery, cut into bite-sized pieces

Put all ingredients except celery and parsley into food processor and blend until creamy. Chill. Scoop into celery slices and garnish with parsley.

Yield: 5 servings

Soup: Creamy Cauliflower Soup

1 1/2 C water
2 T chopped onion
1 stalk celery, chopped
2 T honey
1/4 tsp sea salt
1 tsp extra virgin olive oil
1 medium head cauliflower, steamed
pepper to taste
1/2 tsp Chinese five spice

Place all ingredients in food processor, adding water gradually, and puree. Pour into a saucepan and heat slowly over medium heat to a comfortable temperature, stirring continuously. Thin with a few drops of water if desired. Garnish with a dash of Chinese spice and serve.

Yield: 4 servings

Salad: Quinoa Tabouli

1 1/4 C cooked quinoa
1 medium tomato, finely chopped
1 small cucumber, peeled and diced
2/3 C minced scallions (about 4)
1 green pepper, diced
1 C finely chopped parsley
1 tsp dried mint or 1/4 C chopped fresh mint
1/4 C cold pressed sesame or extra virgin olive oil
3/8 C lemon juice
1/2 tsp sea salt

Mix together all ingredients and chill.

Yield: 3 cups

Entrée: Lentil Loaf with Mushroom Gravy

2 1/2 C cooked brown lentils
1/4 medium onion, diced
1 tsp extra virgin olive oil
1/2 C ground flaxseeds
1 C cooked brown rice
1 egg, beaten
1/2 C chopped walnuts
1/4 tsp ground thyme
1/8 tsp oregano
1 tsp Mrs. Dash blend, ground
1/2 T apple cider vinegar
1 tsp Sucanat
sea salt to taste

Preheat oven to 350 F. Saute onion in olive oil until soft. Mix all ingredients together in a bowl. Place in large oiled loaf pan. Cover and bake 40 minutes.

Yield: 6-8 servings

Mushroom Gravy

1 C raw cashews, finely ground
8 oz can sliced mushrooms, with liquid
1/2 tsp Herbamare
2 T vegetable broth
2 T water
dash pepper

Puree all ingredients together in blender. Heat slowly, stirring frequently, until warm. Spoon over loaf slices.

Juice: Cruciferous Surprise

3 kale leaves
1/2 C broccoli florets
1/3 head red cabbage, cut into wedges
2 carrots
2 apples, cut into wedges

Juice the kale first, followed by the broccoli and cabbage. Then juice the carrots and apples. Stir well.

Yield: 16 ounces

Dessert: Carob Truffles

1/4 C flaxseeds, ground
1/4 C unsweetened carob powder, sifted
1/3 C walnuts, finely chopped
1/3 C raw almond butter
1/3 C honey
1 tsp vanilla extract
small bowl of unsweetened shredded coconut

Process all ingredients until mixture forms a dense ball. Remove from processor and roll small portions between palms of hands to form one inch balls. Roll in coconut to coat. Place on serving platter and refrigerate.

Yield: About 18 truffles