

Recipes Handout

Class #1: Introduction to How Foods Fight Cancer

Easy Bean Salad

Makes 10 servings

Ingredients:

- 1/2 cup low-fat Italian salad dressing
- 1 15-ounce can kidney beans, drained and rinsed, or 1 1/2 cups cooked beans
- 1 15-ounce can pinto beans, drained and rinsed, or 1 1/2 cups cooked beans
- 1 15-ounce can black-eyed peas, drained and rinsed, or 1 1/2 cups cooked peas
- 1 10-ounce package frozen lima beans (preferably Fordhook lima beans), thawed completely, or 1 1/2 cups cooked lima beans, or 1 1/2 cups cooked green soybeans (shelled edamame)
- 1 cup frozen corn, thawed completely, or cooked fresh corn, chilled
- 1 large red bell pepper, seeded and chopped
- 1/2 medium red onion, chopped
- 1 teaspoon salt, or to taste
- 1 teaspoon black pepper, or to taste

Directions:

Toss all ingredients together. Serve cold or at room temperature. May be covered and stored in refrigerator for several days.

Per serving: 172 calories; 9 g protein; 30 g carbohydrate; 4 g sugar; 2 g total fat; 10% calories from fat; 7 g fiber; 594 mg sodium

Black Bean Dip

Makes 6 servings

Ingredients:

- 1 15-ounce cans black beans, drained and rinsed, or 1 1/2 cups cooked beans
- 1 cup salsa (commercial variety or Colorful Corn Salsa p.108)
- 1/2 teaspoon ground cumin (optional)
- 1 bag baked tortilla chips

Directions:

Combine beans and salsa in a food processor or blender and process until smooth. Add cumin, if using.

Per serving: 81 calories; 4.7 g protein; 15.4 g carbohydrate; 2.7 g sugar; 0.4 g total fat; 4.2% calories from fat; 3.8 g fiber; 280 mg sodium

Veggies in a Blanket

Makes 8 servings

Ingredients:

- 1 cup store-bought hummus or bean dip (or homemade using recipes in the guide)
- 8 whole-wheat tortillas
- 4 carrots, grated
- 8 lettuce leaves, 1 cup baby spinach, or 1 5-ounce container sprouts
- Optional: Add thin sticks of cucumber or red bell pepper before rolling.

Directions:

Shred carrots. Spread hummus or bean spread thinly on tortillas, and then add carrots and lettuce, spinach, or sprouts. Roll up each tortilla, secure with 5 evenly placed toothpicks, and slice into 5 individual rolls per tortilla (one toothpick per roll) if serving samples. For a meal, cut each tortilla in half.

Per serving: 122 calories; 5 g protein; 20.6 g carbohydrate; 1.5 g sugar; 2.8 g total fat; 18% calories from fat; 4.9 fiber; 251 mg sodium



Would you like to support future Food for Life classes to help crush cancer? Please scan this QR code to make a donation. Thank you for your support!