



## Broccoli Salad

Makes about 4 servings

*This colorful salad, dressed with a creamy sweet-and-sour dressing, is a delicious way to eat broccoli, one of Mother Nature's most healthful foods. Remember that consuming cruciferous vegetables daily may significantly lower breast cancer risk and increase survival.*

### Ingredients:

- 2 medium broccoli stalks
- 2 or 3 green onions, chopped
- 1/2 cup grated carrots
- 1/2 cup golden raisins
- 1/4 cup dried cranberries
- 3 tablespoons dairy- and egg-free mayonnaise substitute
- 1/4 cup seasoned rice vinegar
- 1 tablespoon raw or turbinado sugar
- 1/4 teaspoon black pepper

### Directions:

Cut broccoli florets into bite-size pieces. Peel stems and cut into bite-size pieces. Transfer to a salad bowl and add green onions, carrots, raisins, and cranberries. In a small bowl, mix together mayonnaise substitute, vinegar, sugar, and black pepper. Pour over broccoli and toss to mix. Let stand about 30 minutes before serving to allow flavors to blend.

Per serving: 166 calories, 3.7 g protein, 34.1 g carbohydrates, 23.9 g sugar, 3.1 g total fat, 16.5% calories from fat, 4.0 g fiber, 129 mg sodium

Recipe from *Recipe from The Survivor's Handbook: Eating Right for Cancer Survival* by Neal D. Barnard, M.D., and Jennifer Reilly, R.D.

## Tofu Mayo

Makes 24 servings

*This low-fat mayonnaise substitute is made with silken tofu.*

### Ingredients:

- 1 12.3-ounce package firm or extra-firm, low-fat silken tofu
- 1/2 - 3/4 teaspoon salt
- 3/4 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon sugar
- 2 teaspoons Dijon mustard
- 1 tablespoon apple cider vinegar

### Directions:

Combine all ingredients in a blender and process until completely smooth. Chill thoroughly before using.

Per serving: 7 calories, 0.1 g fat, 1 g protein, 0.04g carbohydrate, 19% calories from fat, 0.2 g sugar, 0 g fiber, 72 mg. sodium

Source: *Healthy Eating for Life to Prevent and Treat Cancer* by Vesanto Melina, M.S., R.D.; recipe by Jennifer Raymond, M.S., R.D.

## Gingered Melon

Makes 6 servings

*This recipe is a refreshing twist on cantaloupe and uses ginger which can aid in digestion and often helps alleviate nausea.*

### Ingredients:

- 1 large cantaloupe
- 1/2 teaspoon ground ginger
- 1 tablespoon chopped fresh or crystallized ginger

### Directions:

Cut melon in half and seed, then cut each half into chunks. Sprinkle ground and crystallized ginger over the melon chunks and stir. Chill and serve. Stored in a covered container in the refrigerator, leftover Gingered Melon will keep for up to two days.

**Tip:** To remove the melon rind, place the cut side of the melon on a cutting board. Use a chef's knife or serrated knife to carefully cut off the rind starting from the top of the melon and working down to the cutting board, rotating the melon as needed. Make sure to secure the melon with your opposite hand and keep your fingers tucked away from the knife's edge.

Per serving: 54 calories, 0.3 g fat, 1.2 g protein, 13.1 g carbohydrate, 4.6% calories from fat, 1.3 g fiber, 22 mg sodium

Source: *The Survivor's Handbook: Eating Right for Cancer Survival* by Neal D. Barnard, M.D., and Jennifer Reilly, R.D.