



FOOD AS MEDICINE:

Cooking to Prevent Cancer

Recipes by Allison Harrell



CENTER FOR
Health &
Wellbeing



Winter Park
Health Foundation

Kale Citrus Salad

Recipe from: Minimalist Baker
https://minimalistbaker.com/wprm_print/35713



Ingredients:

Serves: 4

Quick Pickled Onion Ingredients:

- 1/4 red onion (thinly sliced)
- 1/3 cup red wine vinegar
- 1 tablespoon sugar
- 2 tablespoons water

Salad Ingredients:

- 1 large bundle lacinato kale (1 large bundle yields ~4 cups // chopped)
- 1 grapefruit or orange (segmented // reserve any juice)
- 1 tart apple (cored and chopped)
- 1/4 cup pomegranate arils or dried cranberries (I used a mix of both)

Topping Ingredients (optional):

- Berries in spring and summer
- Cooked quinoa
- Hemp seeds, roasted nuts, or sunflower seeds (for extra protein)

Dressing Ingredients:

- 3 tablespoons red wine vinegar
- 1 tablespoon Dijon mustard
- pinch sea salt + black pepper
- 1/2 tablespoon sweetener of choice (such as maple syrup or honey if not vegan)
- 1/3 cup olive oil (plus more for massaging kale)
- 2 tablespoons orange juice (optional // to brighten the flavor)

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Instructions:

STEP 1:

Pickle onions by mixing red wine vinegar, water, and sugar in a small bowl and stirring to dissolve. Add sliced onions and let set in the fridge while prepping the rest of the salad. The liquid should cover the onion, so add a bit more vinegar and/or water if needed.

STEP 2:

Add kale to a large mixing bowl with 1 to 2 teaspoons (amount as original recipe is written // adjust if altering batch size) olive oil and squeeze over reserved grapefruit or orange juice. Use your fingers to massage the kale to break down the bitterness and stiffness.

STEP 3:

Next add apple, grapefruit or orange segments, and pomegranate or cranberries and set aside.

STEP 4:

Prepare dressing in a small mixing bowl by whisking vinegar, mustard, sweetener, and salt and pepper. Stream in olive oil while mixing, then taste and adjust seasonings as needed. I added a splash of orange juice to brighten up the flavors, but this is optional.

STEP 5:

Add pickled onions to the salad, as well as the dressing (or reserve it for serving), toss and serve. Leftovers keep up to a couple of days in the fridge, though best when fresh.

Lentil Chickpea Harissa Soup



Ingredients:

Makes: 4 to 6 servings

- 3 celery ribs, sliced thin
- 1 sweet bell pepper, diced
- 2 carrots, chopped
- 1 onion, diced
- 1 teaspoon minced garlic
- 1 tablespoon harissa
- 1 teaspoon paprika
- 1 teaspoon cumin
- 1 teaspoon oregano
- 1 teaspoon turmeric
- ½ teaspoon cinnamon
- 1 can (14.5 ounces) petite diced tomatoes, no added salt or low sodium
- 4 cups low sodium vegetable broth
- 1 cup water
- 1 can (6 ounces) tomato paste
- 1 cup sprouted green lentils
- 1 can garbanzo beans, low sodium
- ½ teaspoon salt
- ¼ teaspoon pepper

Instructions:

STEP 1:

Add the oil, celery, pepper, carrots, onion, and garlic to a large pot on medium-high heat. Cook for about 5 to 7 minutes until the onions turn translucent.

STEP 2:

Add the harissa paste, spices, and cilantro. Cook for 2-3 minutes, stirring throughout.

STEP 3:

Add the diced tomatoes, vegetable broth, water, tomato paste, and lentils. Stir, then cook uncovered at a simmer for 7 to 10 minutes or until the lentils are cooked through.

STEP 4:

Add the chickpeas, lemon juice, salt, and pepper.

Chocolate Mousse



Ingredients:

Makes: 4 to 6

- 4.6 ounces dark chocolate chips or roughly chopped bar
- 1 package (16 ounces) organic silken tofu at room temperature, well drained
- 2-3/4 tablespoons maple syrup
- Optional toppings: raspberries, strawberries, blackberries, chocolate shavings, fresh mint leaves

Instructions:

STEP 1:

Place the silken tofu (make sure that it is at room temperature and well drained of excess water) and maple syrup in a food processor and blend until very smooth.

STEP 2:

Melt the chocolate in the microwave in 30 second intervals, stirring between each heating, until the chocolate is melted.

STEP 3:

Add the melted chocolate to the food processor and blend, scraping down the sides as needed until well combined.

STEP 4:

Scoop the mixture into 3 ramekins or small glasses, and refrigerate for at least 30 minutes.

STEP 5:

To serve, garnish with desired toppings.