

Quinoa Soup with Avocados and Corn (serves 4)

Source Unknown

4 cups chicken or vegetable broth

1 cup quinoa

1 cup frozen corn kernels

$\frac{1}{3}$ cup chunky salsa, to taste

1 ripe but firm avocado, diced

$\frac{1}{4}$ cup chopped fresh cilantro

Lime wedges, for serving

Canned black beans, rinsed or chopped cooked chicken are excellent additions to this soup.

In a large saucepan over high heat, bring the broth to a boil.

Stir in the quinoa, reduce heat to medium-high, and continue boiling, uncovered for 15 min.

Stir in the corn and salsa, then return to a simmer.

Remove the pan from the heat and stir in the avocado.

Season with salt and stir in the cilantro.

Ladle into large bowls, accompanied by the lime wedges.

(I like to double this recipe and use 1 cup white quinoa and 1 cup red (Indian) quinoa)

Cucumber, Mango, and Spinach Salad (serves 10–12)

From The Cancer Survivor's Guide by Neal Barnard and Jennifer K. Reilly

This salad boasts beta-carotene from the mango and lutein from the spinach, which are cousins in the carotenoid family and important antioxidants. Aside from cancer prevention and survival, lutein is recognized for its key role in eye health.

1 bag (10 ounces) or 1 bunch fresh spinach

1 mango, peeled and cut into bite-size pieces

1 large cucumber, peeled and sliced

6 green onions, thinly sliced

$\frac{1}{2}$ cup thinly sliced fresh basil

$\frac{1}{2}$ cup seasoned rice vinegar

3 tablespoons freshly squeezed lime juice

$\frac{1}{4}$ teaspoon ground black pepper

1. Wash the spinach and dry it in a salad spinner. If the leaves are large, tear them into bite-size pieces. Transfer to a large salad bowl.

2. Combine the mango, cucumber, green onions and basil in a medium bowl. Add the vinegar and lime juice and toss until evenly coated. Arrange the mango mixture on the spinach and sprinkle with the black pepper.

3. Cucumber, Mango, and Spinach Salad should be served immediately. If you must prepare the salad in advance, omit the basil and store the spinach and mango mixture separately in covered containers in the refrigerator for up to 2 days. Add the basil to the mango mixture 15 to 20 minutes before serving, and assemble and dress the salad just before serving.

Crock Pot Vegetarian Chili (serves a lot)

Created by Jessica Shoemaker, ND

- 1 medium to large red pepper
- 1 medium to large yellow pepper
- 1 medium to large orange pepper
- 1 medium to large green pepper
- 1 large onion
- 1 32 oz can whole tomatoes (I slice with knife in crock pot)
- 1 16 oz can diced tomatoes
- 3 16 oz cans chili beans in sauce
- 1 16 oz can black beans, rinsed
- 1 16 oz can white northern beans, rinsed
- 1 16 oz can red kidney beans, rinsed
- 3–4 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 teaspoon salt
- 1 teaspoon pepper

Ground beef or Textured Vegetable Protein (TVP)—optional. Stir fry ground beef and drain grease before adding. Stir fry soy vegetable protein granules to dry out before adding.

1. Combine whole (sliced with knife in pot) and diced tomatoes, chili beans, and rinsed additional bean in crock pot.
2. Finely chop peppers and onions, sauté and add to crock pot when soft.
3. Add chili powder, cumin, salt and pepper.
4. Stir fry ground beef or soy TVP and add to crock pot
5. Stir well and often, cook 4–6 hours.