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the new american plate cookbook

Recipes for a Healthy Weight and a Healthy Life

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curried cauliflower with chickpeas and green peas

Cauliflower is often unpopular with Americans who grew up eating cauliflower that was overcooked and therefore bitter and mushy. But this modest vegetable has been a beloved dietary staple in India for thousands of years. What do Indian cooks know that we don't? For one thing, they understand that certain flavors, like those of mild curry, coconut milk, and chickpeas, provide a gentle contrast that makes the most of cauliflower's unique taste and texture. **MAKES 8 SERVINGS** | PER SERVING: 91 CALORIES, 1 G. TOTAL FAT (LESS THAN 1 G. SATURATED FAT), 16 G. CARBOHYDRATES, 5 G. PROTEIN, 5 G. DIETARY FIBER, 200 MG. SODIUM.

- 1/4 cup canned light coconut milk, divided
- 1 small red onion, finely chopped
- 1 garlic clove, minced
- 2 teaspoons curry powder
- 3/4 cup lowfat milk
- 4 cups small cauliflower florets (about 1 1/2 pounds)
- 1 can (15 ounces) chickpeas, rinsed and drained
- 1 cup frozen green peas
- 2 teaspoons freshly squeezed lime juice
- Salt and freshly ground black pepper
- 1/4 cup fresh cilantro leaves, loosely packed, for garnish

■ In a large nonstick skillet, heat 1 tablespoon of the coconut milk over medium-high heat. When the liquid starts to bubble, stir in the onion and garlic. Cook for about 4 minutes, stirring, until the onion is translucent. Stir in the curry powder and cook for about 30 seconds, until the mixture becomes fragrant.

■ Add the remaining coconut milk and the lowfat milk, cauliflower, and chickpeas. Bring to a simmer, cover, reduce the heat, and cook for 6 to 8 minutes, until the vegetables are almost tender. Add the green peas, cover, and cook for 4 minutes. Mix in the lime juice and season to taste with salt and pepper. Transfer to serving bowl. Garnish with cilantro leaves and serve.

braised kohlrabi

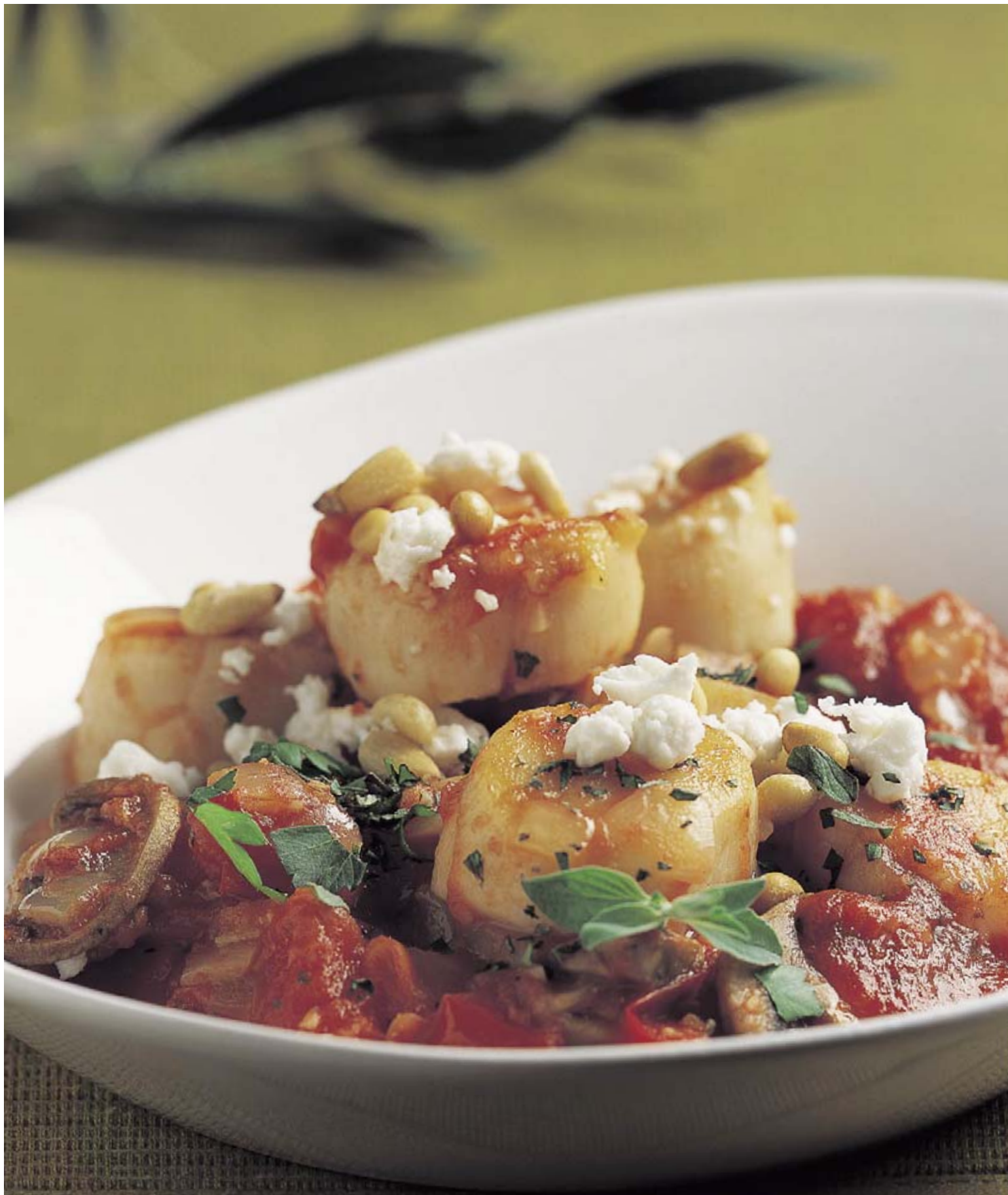
Kohlrabi is an eccentric-looking vegetable: think of an overgrown turnip with several large, leafy stems. Its looks might be one reason it has never really caught on in America. Another reason might be that Americans have just never figured out what to do with it. Kohlrabi needs to be cooked thoroughly to bring out its flavor, which reminds many people of a sweet turnip. In this recipe, the vegetable is braised in broth to bring out its natural character. You can find out more about braising in *Cooking Methods* (see page 262). **MAKES 4 SERVINGS** | PER SERVING: 31 CALORIES, 1 G. TOTAL FAT (LESS THAN 1 G. SATURATED FAT), 5 G. CARBOHYDRATES, 2 G. PROTEIN, 3 G. DIETARY FIBER, 232 MG. SODIUM.

- 1 teaspoon olive oil
- 1 1/2 pounds kohlrabi, peeled and cut into 1/4-inch strips
- 1 1/2 cups fat-free, reduced sodium chicken or vegetable broth
- Freshly ground black pepper
- Freshly squeezed lemon juice (optional)

■ In a medium nonstick skillet, heat the olive oil over medium heat. Add the kohlrabi and sauté for 5 minutes to coat with oil and begin the cooking process. Add the broth, bring to a boil, cover, and reduce heat to low. Cook for 15 to 20 minutes, until the kohlrabi is tender. The cover may be removed during the last 5 minutes. Season to taste with pepper. Sprinkle with a few drops of fresh lemon juice, if desired. Drain off the broth and serve.



curried cauliflower with chickpeas and green peas



greek-style scallops Olive oil, lemon juice, garlic, feta, and pine nuts are staples of classic Mediterranean cuisine that have now found their way into meals across the globe. Here, these pungent ingredients complement the slightly sweet meat of sea scallops. If desired, trim the large muscle from the sides of the scallops before cooking. Try serving this dish with brown rice, steamed carrots, and Broccoli with Scallion Dressing and Hazelnuts (page 20). **MAKES 4 SERVINGS | PER SERVING: 196 CALORIES, 10 G. TOTAL FAT (2 G. SATURATED FAT), 13 G. CARBOHYDRATES, 14 G. PROTEIN, 2 G. DIETARY FIBER, 475 MG. SODIUM.**

- 4 teaspoons olive oil, divided**
- 1 pound sea scallops**
- 1 cup chopped onion**
- 1 cup sliced mushrooms (3 ounces)**
- 2 large garlic cloves, minced**
- 2 large tomatoes, seeded and chopped**
- 2 teaspoons freshly squeezed lemon juice**
- ¼ cup chopped flat leaf parsley, loosely packed**
- 1 teaspoon chopped fresh oregano
or ¼ teaspoon dried oregano**
- Salt and freshly ground black pepper**
- ⅓ cup crumbled reduced fat feta cheese**
- 2 tablespoons pine nuts, toasted***

■ In a large nonstick skillet, heat 2 teaspoons of the olive oil over medium-high heat. Add the scallops and cook, stirring often, for 5 to 6 minutes, until opaque throughout and tender in the center. Transfer the scallops and liquid from the skillet to a bowl; set aside. Cool the skillet slightly and then rinse under hot water and dry.

■ In the same skillet, heat the remaining 2 teaspoons of olive oil over medium-high heat. Add the onion and sauté, stirring often, for 2 minutes. Add the mushrooms and sauté, stirring often, for 3 to 5 minutes, until the onion is soft. Add the garlic and sauté, stirring, for 1 minute. Add the tomatoes, lemon juice, parsley, oregano, and salt and pepper to taste. Bring to a boil, reduce heat, and simmer, stirring occasionally, for 5 minutes. Stir in the scallops with their liquid and bring to a boil, stirring occasionally. Top with the feta cheese and pine nuts. Serve immediately.

*Note: To toast the pine nuts, put them in a small skillet over medium heat, shaking or stirring frequently until lightly browned, about 2 to 3 minutes. Immediately transfer the nuts to a small dish and cool.



fourteen-vegetable stew with pork Hearty and satisfying, this stew boasts an impressive variety of healthy ingredients with a wide range of nutrients and health-protective phytochemicals, textures, and flavors. And recipes do not get much easier. If you have a Dutch oven and a good chopping knife, you are halfway done. **MAKES 4 SERVINGS | PER SERVING: 355 CALORIES, 7 G. TOTAL FAT (LESS THAN 1 G. SATURATED FAT), 56 G. CARBOHYDRATES, 23 G. PROTEIN, 15 G. DIETARY FIBER, 376 MG. SODIUM.**

- 1 tablespoon olive oil
- ½ pound pork tenderloin, cut into ¾-inch pieces
- 1 medium orange-flesh sweet potato (about 8 ounces), peeled and cut into 1-inch pieces
- 1 medium white-skinned waxy potato, peeled and cut into 1-inch pieces
- 1¼ cups shelled fresh or frozen lima beans (not baby limas)
- 2 medium carrots, cut into 1-inch pieces
- 4 cups small cauliflower florets (about ½ a medium head)
- 1½ cups chopped green cabbage (about ¼ head)
- 1 cup diced Spanish onion
- 1 medium green bell pepper, seeded and cut into 1-inch pieces
- 4 ounces fresh green beans, trimmed, cut in half
- 1 medium celery rib, cut into 1-inch slices
- 2 medium tomatoes, seeded and coarsely chopped
- 3 cups peeled and cubed eggplant (about ½ a small eggplant)
- 6 white button mushrooms, cleaned and halved
- 1 large garlic clove, finely chopped
- 1 bay leaf
- ¼ cup coarsely chopped flat leaf parsley, loosely packed
- 1 cup tomato juice
- 1 tablespoon tomato paste
- 1 teaspoon paprika
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon Worcestershire sauce
- Salt and freshly ground black pepper
- Dash of cayenne, or to taste

- In a large Dutch oven or large, heavy pan, heat the olive oil over medium-high heat and sauté the pork for about 5 minutes, stirring often, until browned on all sides. Transfer the pork to a plate. In the same pan, layer the vegetables, pork, and seasonings in the following order: sweet potato, white potato, lima beans, carrots, cauliflower, cabbage, onion, bell pepper, green beans, celery, tomatoes, eggplant, mushrooms, pork, garlic, bay leaf, and parsley.
- In a small bowl mix the tomato juice, tomato paste, paprika, oregano, basil, Worcestershire sauce, salt and black pepper to taste, and cayenne. Pour over the vegetables.
- Cover and bring the liquid to a boil over medium-high heat. Reduce the heat and simmer for about 30 minutes, until the pork and vegetables are tender. Adjust the seasonings and remove the bay leaf. Cool for at least 20 minutes before serving.

southwestern red pepper dip Once you try this lower-fat, lower-salt dip, you will never again want a commercial dip or one made from salty seasoning mixes and sour cream. The roasted red peppers give it an earthy, peppery taste that's not hot. Place this dip in an attractive bowl on a platter, and surround it with a variety of cut-up vegetables or baked tortilla chips. It can also be used as a sandwich spread. **MAKES 18 SERVINGS (2 TABLESPOONS PER SERVING) | PER SERVING: 42 CALORIES, 2 G. TOTAL FAT (1 G. SATURATED FAT), 5 G. CARBOHYDRATES, 2 G. PROTEIN, LESS THAN 1 G. DIETARY FIBER, 117 MG. SODIUM.**

- 1 package (3 ounces) or about 30 sun-dried tomato halves (not packed in oil)
- 2 jars (7 ounces each) roasted red peppers, drained
- 2 garlic cloves, finely chopped
- 1½ teaspoons ground cumin, or to taste
- 1 teaspoon freshly squeezed lemon juice, or to taste
- ¼ cup chopped fresh cilantro, loosely packed
- ¼ cup chopped scallions, trimmed
- 4 ounces reduced fat cream cheese, softened
- Salt and freshly ground black pepper
- Hot pepper sauce (optional)

- Put the dried tomatoes in a medium bowl and add enough very hot water to cover. Let the tomatoes soak for 5 minutes. Drain well, reserving 3 tablespoons of the soaking liquid.
- In a food processor or blender, process the tomatoes, red peppers, garlic, cumin, lemon juice, cilantro, and scallions until smooth and well blended.
- Add the cream cheese and purée the mixture, scraping down the sides of the bowl occasionally and adding enough of the reserved tomato-soaking liquid to thin the dip to the desired consistency. Season to taste with salt, pepper, and hot pepper sauce, if desired. Adjust the seasoning, adding more cumin or lemon juice if needed.
- Transfer the dip to a container. Cover the dip and refrigerate for 6 to 24 hours before using to allow flavors to meld. Bring the dip to room temperature before serving.

curried spinach dip Either fresh or frozen chopped spinach may be used in this exotic, Indian-style dip that's a snap to make. However, fresh spinach will give the dip a lighter, brighter shade of green and a fresher taste. When it is ready to serve, surround the bowl containing the dip with a variety of cut-up vegetables for a colorful, festive, and healthful display. Pappadams, the thin crackers found in Indian markets, also go well with this dip, as do whole-grain crackers. **MAKES 16 SERVINGS (2 TABLESPOONS PER SERVING) | PER SERVING: 26 CALORIES, 1 G. TOTAL FAT (LESS THAN 1 G. SATURATED FAT), 2 G. CARBOHYDRATES, 1 G. PROTEIN, LESS THAN 1 G. DIETARY FIBER, 24 MG. SODIUM.**

- 2 teaspoons curry powder, or to taste
- 1 teaspoon ground cumin, or to taste
- 1 package (9 ounces) uncooked baby spinach, or 1 package (10 ounces) frozen chopped spinach, thawed, drained, and squeezed dry
- ¾ cup reduced fat sour cream
- ½ cup plain nonfat yogurt
- 2 garlic cloves, finely minced
- Salt and freshly ground black pepper (optional)

- In a small nonstick skillet over medium-high heat, combine the curry powder and cumin and stir for 30 to 45 seconds, just until fragrant. Transfer the spices to a small bowl.
- In a food processor or blender, combine the spinach, sour cream, yogurt, and garlic. Process the mixture until it is smooth. Blend in ⅓ of the curry mixture. Add more curry mixture to taste. Process until well blended. Season to taste with salt and pepper.
- Transfer the dip to a container with a cover. Cover and refrigerate for at least 1 hour and up to 24 hours to allow flavors to meld. Bring the dip to room temperature before serving.



southwestern red pepper dip