



Breast Cancer Nutrition 101

10 Plant-based Recipes Collection

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RECIPE ROUNDUP!

Barley, Corn and Black Bean Salad – This fiber-rich recipe is filling, satisfying and loaded with nutrient-packed ingredients that you already know and love.

Basic Veggie Burger – If you've never had a homemade veggie burger, I'm so sorry! Simple, satisfying, nourishing and not at all difficult to make.

Celebrate Fruit Salad – Fresh fruit tossed with a honey/mint drizzle is nourishing and refreshing as a snack or dessert.

Chocolate Zucchini Muffins – Everyone needs a “go-to” muffin recipe, and I promise this will become yours; get your chocolate and veggie fix in the same place!

Confetti Quinoa Salad – A delicious plant-based-protein dish that amps up your daily vegetable intake and keeps you satisfied for hours.

Fruit & Nut Energy Bars – Nuts, seeds, dried fruit and oatmeal come together in these simple grab-n-go bars (great to toss in your bag for those many doc appointments).

Power Packed Pasta Sauce – Garbanzo beans, onion and tomatoes come together to create a fiber-rich sauce that pairs beautifully with your favorite pasta.

Three Smoothie Collection – Muscle Up, Soylicious and Immunity Booster are three different smoothies made with a variety of fruits, nut butters and plant-based milks.

The recipes in this collection are vegan - no animal products are used. If you're not yet ready for vegan options no worries, simply swap in your usual ingredients!

Substitutions:

Flax egg = regular egg

Plant-based milk = dairy milk

Plant-based yogurt = dairy yogurt

Vegetable broth = chicken or beef broth

Barley, Corn and Black Bean Salad

Ingredients

1 cup barley
3 tablespoons extra-virgin olive oil
1 ½ cups frozen corn kernels, thawed
1 cup cherry tomatoes, halved
2 scallions, sliced
Kosher salt and freshly ground pepper
1 bunch arugula, chopped
1 jar or box (15 oz) black beans, drained and rinsed
1 teaspoon grated lemon zest
Juice of 1 lemon

Step 1: Prepare Barley

Cook the barley as the label directs. Drain and rinse under cold water, then transfer to a large bowl and toss with 2 Tablespoons olive oil.

Step 2: Prepare Salad

Heat the remaining 1 Tablespoon olive oil in a large skillet over medium-high heat. Add the corn and cook, stirring occasionally, for about 2 minutes. Add the tomatoes and scallions and cook, stirring, until they just begin to wilt, about 2 more minutes. Add ¼ teaspoon salt, and pepper to taste.

Stir the corn mixture into the barley.

Add the arugula, black beans, lemon zest and lemon juice. Toss to coat all ingredients.

Adjust seasonings to taste.

Yield: 6 to 8 servings

Basic Veggie Burger

1 medium onion, chopped
½ cup grated carrots
1 tablespoon olive oil
¼ teaspoon salt
1 teaspoon dried basil
1 teaspoon onion powder
½ teaspoon black pepper
1 teaspoon oregano
3 cups kidney beans (or swap in your favorite bean)
¼ cup ground flaxseed
¼ cup finely chopped walnuts
1 tablespoon low-sodium soy sauce
1 tablespoon water

1. Heat medium pan, add olive oil, sauté onion and carrot until soft.
2. Add seasonings (salt through oregano) and cook for 1-2 minutes, until fragrant.
3. Drain, rinse and mash beans, leaving some whole for texture.
4. Add beans to vegetable/seasoning mixture, stir to combine, let cook for ~2 minutes.
5. Remove from heat and stir in remaining ingredients.
6. If mixture seems too dry, add water to moisten, add a bit more flax if mixture seems too wet.
7. Let rest until cool enough to handle then form mixture into patties; how many depends on size you make.
8. On stove top, heat large skillet over medium heat; add 1 teaspoon olive oil. Cook burgers for 5-8 minutes on each side. Serve on whole wheat buns with your favorite burger toppings.

Celebrate Fruit Salad

Salad:

1/3 cantaloupe, cut into $\frac{3}{4}$ inch chunks (about 2 cups)

1 (16 ounce) container strawberries, quartered (about 3 cups)

5 medium kiwis, peeled and cut into $\frac{3}{4}$ inch chunks (about 2 $\frac{1}{2}$ cups)

Dressing:

3 tablespoons honey

3 tablespoons fresh lime juice

1 teaspoon lime zest

3 tablespoons finely chopped fresh mint leaves

Directions

Place all of the fruit into a large bowl. In a small bowl, whisk the honey, lime juice, zest, and mint. Right before serving, pour the dressing over the fruit and toss gently to combine.

Chocolate Zucchini Muffins

1 flax egg (1 tablespoon ground flax + 3 tablespoons water)

1 1/4 cup lightly packed shredded zucchini, skin left on

1 1/4 cup plant-based milk of choice (almond, soy, oat)

2 teaspoons apple cider vinegar

3 tablespoons pure maple syrup

1 teaspoon vanilla extract

2 cups whole wheat pastry flour

1/3 cup cocoa powder

1 tablespoon baking powder

1 teaspoon baking soda

1/4 cup sugar

1/3 cup dark chocolate chips

2/3 cup walnuts, chopped (optional)

1. Preheat oven to 350F and lightly spray muffin tin with oil.
2. Mix flax egg in a small bowl; set aside. Grate zucchini, set aside.
3. Mix milk and apple cider vinegar in a small bowl and set aside.
4. In a large mixing bowl, mix together the dry ingredients (flour, cocoa powder, baking powder, baking soda, and sugar).
5. Mix together the wet ingredients (flax egg, buttermilk, maple syrup, and vanilla) then pour over dry ingredients. Stir until just combined. Fold in the chocolate chips, walnuts (if using), and shredded zucchini.
6. Spoon batter into prepared muffin tin filling each tin 3/4 of the way full. Bake for ~15 minutes, or until muffins spring back when touched. Cool in tin for 5 minutes, then transfer to a cooling rack until completely cool.

Yield: 12 muffins

Confetti Quinoa Salad

3 cups cooked quinoa
1½ cups frozen whole kernel corn, thawed
½ cup chopped green pepper
½ cup chopped red pepper
½ cup chopped green onion
2 tablespoons chopped cilantro

Dressing:

3 tablespoons olive or canola oil
3 tablespoons rice vinegar (unflavored)
3 tablespoon low-sodium soy sauce
1 large garlic clove, minced
1 teaspoon Dijon mustard

1. In a large serving bowl, combine quinoa and vegetables.
2. In a jar with a tight fitting lid, combine dressing ingredients and shake until well blended.
3. Add dressing to the quinoa and vegetable mixture. Stir gently to blend. Cover and refrigerate.
4. Serve cold or at room temperature.

Yield: 12 servings

Fruit and Nut Energy Bars

- 1/2 cup raw unsalted peanuts
- 1/2 cup raw sunflower seed kernels
- 2 cups raisins or other chopped dried fruit (cherries, blueberries, apricots, etc.)
- 2 cups old-fashioned oats
- 2 cups rice cereal (such as Rice Krispies)
- 1/4 cup ground flax seed
- 1/2 cup creamy or crunchy natural peanut butter
- 1/4 cup honey or 100% pure maple syrup
- 1 teaspoon vanilla extract

1. Coat a 9-by-13 inch baking pan with cooking spray.
2. Combine peanuts, sunflower seeds, raisins (or other dried fruit), oats, rice cereal and flax in a large bowl.
3. Combine peanut butter and honey (or maple syrup) in a large microwaveable bowl; microwave on high until bubbling, 1 to 2 minutes. Add vanilla and stir until blended. Pour the peanut butter mixture over the dry ingredients and stir until coated*.
4. Transfer the mixture to the prepared pan. Press down firmly (coat your fingers with water to prevent sticking.) Let stand for at least 1 hour before cutting into bars.

*If mixture too thick, add a splash of plant-based milk.

Yield: 15 bars

Power Packed Pasta

1 tablespoon olive oil
1 large onion, thinly sliced
2 cloves garlic, minced
1 jar or box (15 oz) garbanzo beans*, drained and rinsed
½ cup low sodium vegetable broth or water
1 can (16 oz) low sodium diced tomatoes, with liquid
2 teaspoons rosemary, crumbled
Freshly ground pepper to taste

1. Heat oil in large skillet over medium heat until warm. Add onion and garlic and cook until soft.
2. In a blender, puree ½ of the can of garbanzo beans with vegetable broth or water.
3. Stir pureed beans, whole beans, tomatoes with juice and rosemary into the onion-garlic mixture; add a few grinds of fresh black pepper.
4. Simmer uncovered, stirring frequently, for 15 to 20 minutes or until sauce has thickened.
5. Toss with one pound hot, cooked whole wheat pasta.

Makes 8, ½ cup servings of sauce.

Three Smoothie Collection

Muscle Up Smoothie

Serves one.

1 cup chocolate milk of your choice (almond, soy, cow)
1 small banana, preferably frozen
1 tablespoon natural peanut butter

In a blender, blend all ingredients until smooth and creamy. Serve immediately.

Soylicious Fruit Smoothie

Serves one.

2 tablespoons orange juice concentrate
½ cup frozen strawberries, unsweetened
1 cup unsweetened vanilla plant-based milk

In a blender, blend all ingredients until smooth and creamy. Serve immediately.

Immunity Booster Smoothie

Serves one.

1 cup (8 ounces) vanilla yogurt (almond, soy, coconut)
½ cup frozen blueberries
1 tablespoon wheat germ
½ cup crushed ice

In a blender, blend all ingredients until smooth and creamy. Serve immediately.