

NEWS RELEASE
FOR IMMEDIATE RELEASE

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March is National Colorectal Cancer Awareness Month
Topic: Recipes for Health

The Cancer Resource Centers of Mendocino County is pleased to present this final article in a series we have been running to promote colorectal cancer awareness and prevention. In our previous articles we focused on early symptoms, risk factors and the importance of early detection by following screening guidelines beginning at the age of 50. As another preventive strategy we emphasized a diet high in fiber and whole foods and outlined recommended serving portions of fruits, vegetables, grains, meat.

To continue with our emphasis on diet as a preventive strategy, today we offer the following recipes ideas. These recipes use affordable ingredients that are both tasty as well as highly nutritious.

RECIPES

Quinoa Salad with Corn and Black Beans

Ingredients

1 1/2 dry quinoa (high-quality affordable grain)
1/3 cup finely diced red onion
1 can low-sodium black beans, drained and rinsed
1 cup fresh or frozen sweet corn kernels, thawed
1 cup grape tomatoes sliced in half

Vinaigrette for Quinoa Salad

2 TBS olive, walnut or avocado oil
3 TBS lime juice (the juice of about two limes)
2 TBS water
1 fresh garlic clove
1 TBS cumin
1 tsp dried Mexican or Greek oregano
1 tsp chili powder
1 tsp sea salt
Fresh ground pepper to taste

Directions

1. Place quinoa and 3 cups water in 1 1/2 quart saucepan and bring to boil. Reduce to simmer, cover and cook until all water is absorbed (about 15 minute.) Remove from heat, let cool and fluff with a fork.
2. While quinoa is cooking, prepare the vinaigrette by combining the vinaigrette ingredients in a small bowl and whisking until well combined.
3. In a very large bowl, combine the cooled quinoa grain with the remaining ingredients (red onion, black beans, corn, tomatoes and chicken breast and feta cheese, if using).
4. Pour vinaigrette over the salad, and mix until well combined.
5. Serve as an entree or as a side salad with a main course.
6. Chill leftovers for quick lunches and dinners later in the week.

"Three Sisters Pilaf"

Ingredients

1 tbsp olive oil
½ large onion, chopped
1 red bell pepper, chopped
1 fresh butternut squash, cubed
1 (15 oz) can kidney beans, rinsed and drained
1 c frozen corn kernels
2 tbsp feta cheese
salt and pepper to taste
cilantro
3 c brown rice, cooked

Directions

In large skillet, heat olive oil over medium heat. Add onion, bell pepper & squash. Saute for 5 minutes or until vegetables tender. Add beans and corn. Stir over medium heat, cover and cook until heated through. Stir in cheese. Season and serve over brown rice.

These beans are the perfect side to cheese quesadillas, tacos or enchiladas. Add extra broth and purée the beans until they're creamy for a black bean soup, if preferred.

Again we wish to thank nutritionist, Lois Senger for her help in gathering these recipes.

Eating healthy does not always mean eating organic. Buy organic when possible, especially when purchasing fruits and vegetables shown to be highest in pesticides. These "dirty dozen" include celery, peaches, strawberries, apples, blueberries, nectarines, bell peppers, spinach, cherries, kale, potatoes, and grapes.

You might be eligible for food assistance programs! You can apply for Cal Fresh (formerly Food Stamps) at www.c4yourself.com/c4yourself/ or call 707-46-BREAD (county-wide bilingual food hotline) to get more information about food-related programs.

For more information regarding colorectal cancer or any other cancer, please contact the Cancer Resource Centers of Mendocino County at 937-3833 or 800-449-6483 (Coastal office) or 467-3828 (Inland office) or visit our website at crcmendocino.org.