

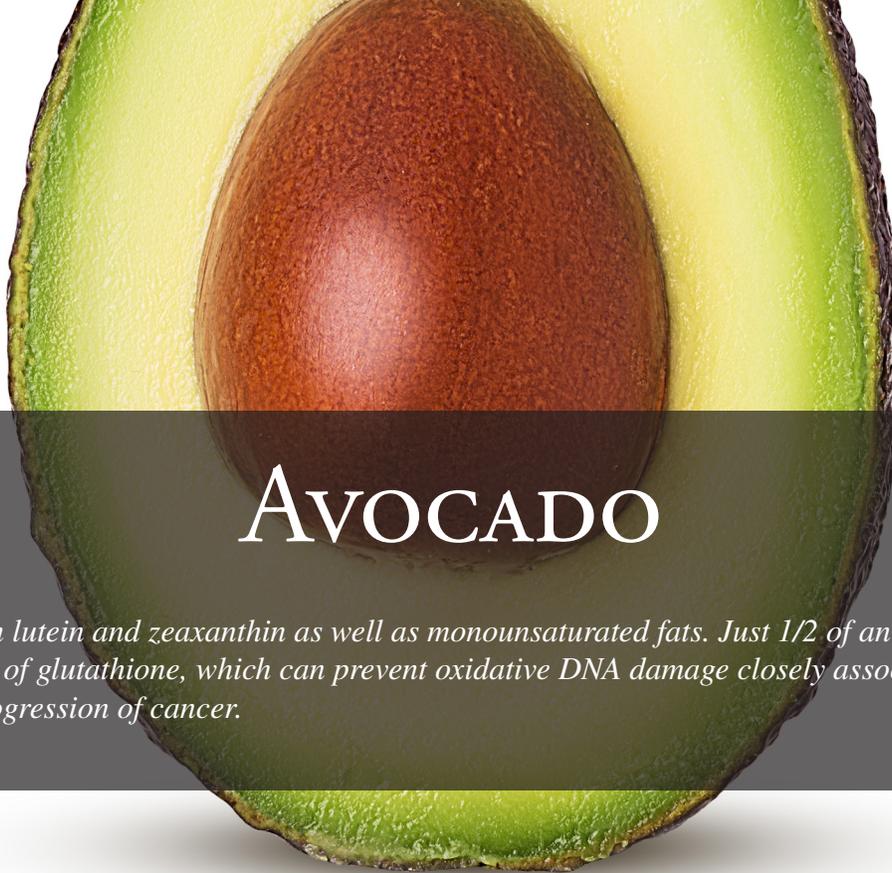
**These plant-based
recipes will give
you incredible
health benefits
from powerful
bioactives found in
each recipe.**



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AVOCADO

Avocados are high in lutein and zeaxanthin as well as monounsaturated fats. Just 1/2 of an avocado contains a significant amount of glutathione, which can prevent oxidative DNA damage closely associated with the development and progression of cancer.

AVOCADO TOFU SALAD WITH PONZU

1 large avocado, firm, not too soft

7 ounces of extra firm tofu (½ of a standard package)

1 small Persian cucumber

3 Tbsp ponzu sauce

salad greens, preferably baby lettuce

1 green onion, minced

sesame seeds, toasted

Serves two

Slice the avocado in half, remove the pit, cut into medium size chunks and place in a mixing bowl.

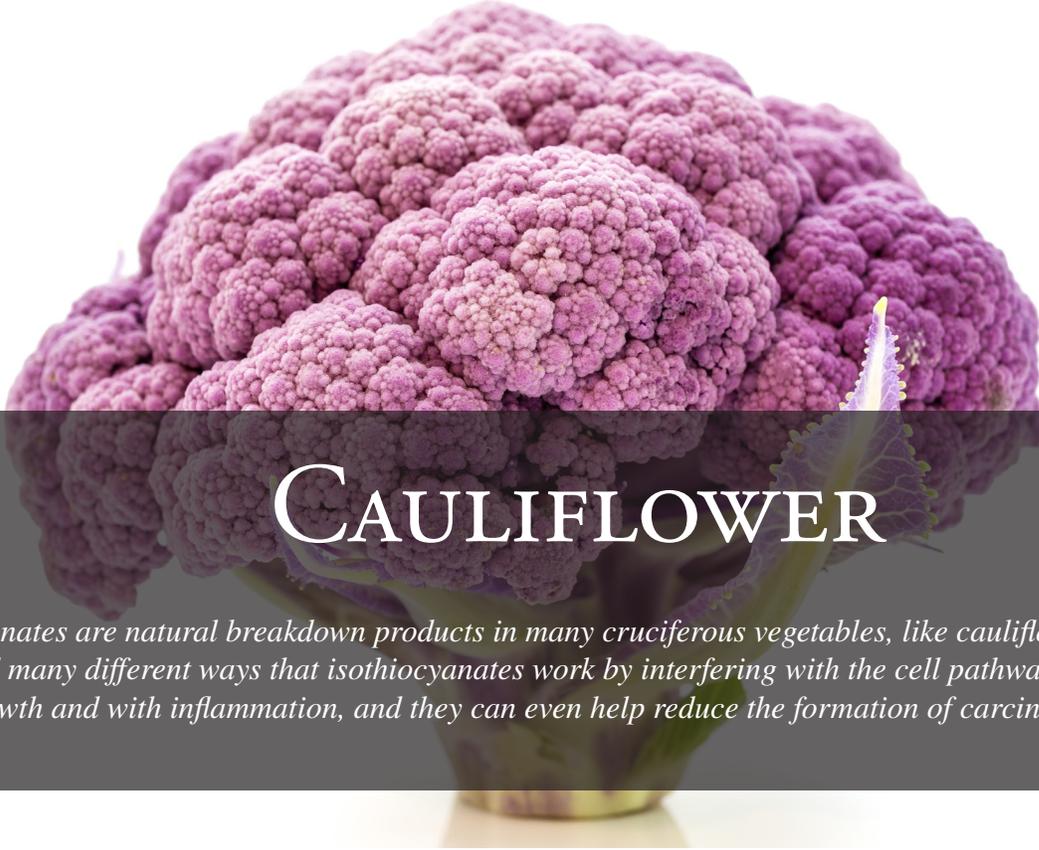
Drain the tofu and cut into chunks, roughly the same size as the avocado. Add to the mixing bowl along with the ponzu sauce and toss, gently.

Allow to marinate for at least 4 hours, preferably overnight. Use a mandolin to slice the cucumber into thin slices, or cut with a knife.

Line each plate or bowl with salad greens, top them with cucumber slices.

Place the avocado mixture on top of the salad greens and top each serving with green onion and sesame seeds.

Drizzle each serving with a bit of the ponzu sauce.



CAULIFLOWER

Isothiocyanates are natural breakdown products in many cruciferous vegetables, like cauliflower. Researchers have found many different ways that isothiocyanates work by interfering with the cell pathways involved with cancer growth and with inflammation, and they can even help reduce the formation of carcinogens.

ROASTED BABY CAULIFLOWER, FRIED CORIANDER CHICKPEAS, CAPER DRESSING, CRUSHED PISTACHIO WITH COCONUT YOGURT

*5 Tbsp olive oil, divided
1lb. purple baby cauliflower,
de-stemmed
1 (14oz.) can of chickpeas, drained
1 tsp coriander
1/4 cup coconut yogurt
1 lemon, juice + zest
1/4 cup crushed pistachios
sea salt to taste
freshly ground pepper*

*caper dressing:
2 Tbsp capers, drained
1 garlic clove, minced
1 lemon, juice
3-4 fresh mint leaves
sea salt to taste
freshly ground pepper*

Serves two

Preheat oven to 400 degrees.

Drizzle about 2 tablespoons of olive oil on a large baking sheet.

Add cauliflower to the pan, flipping to make sure they are coated on both sides. Squeeze the juice of one lemon over the baby cauliflower.

Season with sea salt and roast for 30-35 minutes or until browned and tender. In a small mason jar, muddle capers garlic and mint leaves together.

Squeeze in lemon juice and season to taste with sea salt and pepper.

Drizzle in a few tablespoons of olive oil until your desired consistency.

Screw on Mason jar lid and shake until well combined. In a small mixing bowl, whisk together coriander with sea salt and freshly ground pepper to taste.

Set aside in a skillet, coat pan with 2-3 tablespoons of olive oil. Over medium-high heat, drop in chickpeas in batches, frying until golden and charred.

While chickpeas are hot, sprinkle a generous amount of coriander seasoning. Place chickpeas on a paper towel-lined plate to soak up excess oil.

Continue frying in batches until all chickpeas are fried and seasoned.

To plate, smear a few tablespoons of coconut yogurt before topping with whole cauliflower and fried chickpeas.

Drizzle caper dressing generously over top.

Garnish with crushed pistachios, sea salt, freshly ground pepper and fresh mint leaves.



CACAO

Cacao, the main ingredient in chocolate, has bioactive polyphenols that promote heart health in many ways. Recently, cacao has even been shown to increase the number of stem cells in our bloodstream. It's been shown that more stem cells in the blood leads to a healthier heart and even improves survival from heart disease.

SPICED CHOCOLATE MOUSSE

3-4 Tbsp maple syrup
2 ripe avocados
2 tsp tamari (a wheat-free soy sauce)
6 Tbsp cocoa or cacao powder
2 Tbsp cashew, hazelnut, or macadamia butter
½ tsp cinnamon
¼ tsp cayenne pepper (for heat, not sting)
1 tsp ginger juice (or ¼ tsp dried ginger)
seeds from ¼ pomegranate
coconut yogurt
Serves 1-4, as a dessert course

Pulse all ingredients with a handheld blender.

Divide into small glass tumblers and refrigerate for 30 minutes.

Top with coconut milk yogurt and pomegranate seeds.



MAITAKE MUSHROOM

Not only do mushrooms taste great, they also contain a natural substance called beta-glucan which activates the immune system. Beta -glucan is a natural chemical that has been shown to stimulate cells in the immune system and slow the growth of cancerous tumors. Mushrooms stems contain 30% more beta glucan than the caps so don't discard the stems when cooking.

MAITAKE MUSHROOM AND CAULIFLOWER STIR-FRY

kosher salt

1 small head cauliflower

2 Tbsp unsalted butter

1 cup panko (Japanese bread crumbs)

2 Tbsp of extra virgin olive oil

2 Tbsp minced garlic

1 Tbsp minced ginger

*1 head maitake mushrooms, or 2 cups
shitake mushrooms caps*

¼ cup of vegetarian oyster sauce

1 lemon, juice and zest

black pepper, freshly ground

*white and brown rice, 50-50 for
serving*

1 Tbsp finely sliced chives, for garnish

Serves four

Prepare the maitake by cutting into ¼ inch thick slices. If using shiitake, quarter if large and halve if medium.

Prepare the cauliflower: separate into florets, square the stems and slice.

Fill a large bowl with water and ice cubes. Bring abundant salted water to a boil in a wok.

Add the cauliflower and blanch for 30 seconds, drain, and transfer it to the ice water.

When the cauliflower is cold, drain it, transfer it to a plate, and set aside. Dry the wok, add the butter, and heat it over high heat.

When the butter has melted, add the panko and stir-fry gently until the panko is golden brown, about 1 minute.

Watch carefully to avoid burning.

Transfer the panko to a medium bowl. Wipe out the wok, and heat over high heat.

Add the oil and swirl to coat the pan. When the oil is hot, add the garlic, ginger and maitake and stir-fry until soften, about 2 minutes.

Add the cauliflower, oyster sauce and lemon zest and juice. Season with salt and pepper and stir to heat through, 2 to 3 minutes.

Make a bed of the rice on a platter, or transfer to four individual serving bowls, and top with the stir-fry. Sprinkle with the panko, garnish with the chives and serve.



ZUCCHINI FLOWER

Did you know zucchini flowers contain spinasterol, a natural bioactive that protects cells against DNA damage from the environment? They are a great addition to salads.

FARMER'S MARKET SALAD

2 cups sliced zucchini

*1 cup yellow wax beans, chopped in
2 inch pieces*

1 cup sugar snap peas, trimmed

1 cup sliced radishes (¼ inch slices)

*½ a kohlrabi, halved and sliced in ¼ inch
slices*

*1 cup herb sprigs and leaves—flat leaf
parsley, dill and basil*

1 spring onion, thinly sliced

Pinch chopped chives

2 Tbsp toasted sunflower seeds

zucchini flowers (optional)

dressing:

2 Tbsp flax oil

2 tsp apple cider vinegar

1 teaspoon tamari, plus more to taste

Pinch flaky sea salt

Serves 2 to 4, as a main course

Steam vegetables in batches.

Zucchini, wax beans, radishes, and kohlrabi can be steamed for 2 minutes each or until heated through, yet still crisp.

Remove from steamer and spread out over a platter, wide bowl or a plate to cool.

Steam sugar snap peas for one minute and add to vegetables.

Set aside to cool completely before placing in a bowl and tossing with herbs, spring onions, chives, and toasted sunflower seeds.

Stir the dressing ingredients together and drizzle over vegetables.

Toss in zucchini flowers and any desired add-ins and serve immediately.



The Angiogenesis Foundation identifies new approaches to health and disease fighting by exploring the body's innate health defense systems — angiogenesis, regeneration, microbiota, DNA modification, and immunity — and how they can be strengthened through interactions with diet, lifestyle, and medicines. The Angiogenesis Foundation is elucidating how the body heals itself and this understanding to redefine health and its application in society.

www.angio.org



In 2011, the Angiogenesis Foundation started a movement called Eat to Beat. Eat to Beat is an online community where people can connect, get simple tips, and discover delicious recipes designed to help prevent and fight cancer, using food. The movement has grown to more than 50,000 members spanning 180 countries.

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