

5. Pour chicken broth into roasting pan. Set turkey breast on rack. Roast turkey, turning pan in oven every 20 minutes to help it brown evenly. Breast is done when instant read thermometer inserted into thickest point reads 165 degrees F., about 2 hours for a 6 pound breast (allowing 20 minutes per pound). Skin can be dark without meat being dry, but tent foil over breast if skin is getting too dark. Because of brining effect of seasoning paste, skin near bone may look pale pink.

6. Let breast rest for 20 minutes before carving. Strain juices to serve on the side.

* May use 4 cup combination of low-sodium chicken broth and water.

Source of recipe American Institute of Cancer Research

Pear Crisp

Makes 9 servings.

Per serving: 164 calories, 4 g. total fat (<1 g. saturated fat), 34 g. carbohydrates, 2 g. protein, 4 g. dietary fiber, 3 mg. sodium.



Ingredients

- 1/4 cup rolled oats
- 1 Tbsp. walnuts
- 3 Tbsp. all-purpose flour
- 3 Tbsp. whole wheat flour
- 2 1/2 Tbsp. packed light brown sugar
- 1/8 tsp. cinnamon
- 1 Tbsp. plus 2 tsp. canola oil
- 6 firm, yet ripe pears, peeled (if desired), cored and cubed
- 1/4 cup raisins
- 1 Tbsp. lemon juice
- 2 Tbsp. sugar
- 2 Tbsp. flour
- 1/8 tsp. nutmeg
- Pinch of cloves
- Caramel pecan or vanilla nonfat frozen yogurt or lowfat ice cream (optional)

Directions

Preheat oven to 375 degrees. Lightly spray 8- or 9- inch round cake pan. In food processor, pulse oats and walnuts 15 seconds. Add flour, brown sugar and cinnamon. Blend 15 more seconds. While running, drizzle oil and blend 30 seconds. Transfer to bowl and set aside. In another bowl, toss pears with next 6 ingredients. Spoon pears into prepared cake pan. Cover with oat mixture, pressing down gently. Bake 45-50 minutes, until topping is brown and pears are bubbling. Serve hot, topped with nonfat frozen yogurt or lowfat ice cream, if desired.

Source of recipe American Institute of Cancer Research



Happy Healthy Holidays

Cook Simply. Eat Well. Fight Cancer

Cranberry Apple Salsa

Dress up your holiday table with a cranberry side that's not in the shape of a can. This classic raw relish combines fresh cranberries, Fuji apple, lime juice and spicy jalapeño. Its sweetness means remarkably little sugar is needed to offset the tartness of the cranberries. Serve with whole grain crackers before the big meal or as a side dish with turkey.

Makes 8 (1/4 cup) Servings.

Per serving: 36 calories, 0 g total fat (0 g saturated fat), 9 g carbohydrate, 0 g protein, 1.5 g dietary fiber, 2 mg sodium.

Ingredients

- 1 bag (12 oz.) fresh cranberries, or frozen, unsweetened
- 1/2 medium Fuji apple, peeled, cored and chopped
- 1/4 cup chopped red onion
- 2 strips (1-inch x 1/2-inch) lime zest, coarsely chopped
- 1 small jalapeño pepper, without seeds, chopped
- 3 Tbsp. turbinado/raw sugar
- 1 Tbsp. fresh lime juice
- 1/3 cup loosely packed cilantro leaves
- Salt



Directions

In food processor, pulse cranberries just until coarsely chopped. Add apple, onion, lime zest, jalapeño, sugar and lime juice. Pulse (quick pulses) until salsa is still slightly chunky, about 15-20 times.

Add cilantro and pulse until it is chopped but not mushy, about 10 times, stopping to scrape down bowl as needed. Season with a bit of salt, just to lift flavors. Let salsa sit 20 minutes for flavors to marry. Serve same day.

Source: American Institute of Cancer Research

Beet, Carrot and Apple Salad

Give winter a subtle hint and welcome spring with a colorful cancer-fighting salad. This tangy dish is loaded with fiber, vitamins, minerals and phytonutrients. Carrots are rich in beta-carotene while beets get their red hue from flavonoids, both antioxidants that protect our cells from damage. Apple adds natural sweetness and walnut a hearty crunch. Enjoy with a picnic under the blooming cherry blossoms.

Makes 4 servings.

Per serving: 112 calories, 8 g total fat (<1 g saturated fat), 11 g carbohydrate, 2 g protein, 2 g dietary fiber, 330 mg sodium.

Ingredients

- 1 medium beet (or 3/4 cup pre-shredded)
- 2 medium carrots (or 3/4 cup pre-shredded)
- 1 large peeled Granny Smith apple
- 1/4 cup walnut halves, chopped
- 3 Tbsp. chopped flat-leaf parsley or dill or combination
- 1 Tbsp. fresh lemon juice
- 1/2 tsp. salt
- Freshly ground black pepper
- 1 Tbsp. extra virgin olive oil



Directions

1. To shred beet, insert each hand in plastic sandwich bag to avoid staining hands. Peel beet using swivel blade vegetable peeler. Using coarse side of box grater, shred beet to get 3/4 cup. Save remaining beet for another use. Shred carrots and apple. Place shredded beets, carrots and apple in mixing bowl and mix to combine. Add walnuts and green herbs on top of mixed vegetables, and set bowl aside.
2. For dressing, in small bowl whisk together lemon juice and salt until salt dissolves. Add 3-4 grinds of pepper. Whisk in oil. Pour dressing over salad and mix until well combined and evenly dressed. Serve salad within 1 hour of combining with herbs and dressing.

Source of recipe: American Institute of Cancer Research



Roasted Turkey Breast Porchetta-Style

This is the turkey recipe to "wow" your guests this Thanksgiving. The Italian-inspired blend of herbs and spices sets this recipe apart from all the others and produces moist, flavorful meat with very little salt. And this twist on traditional porchetta will boost your intake of cancer-fighting herbs and spices.

Makes 8 servings (6 lbs.).

Per serving: 183 calories, 8 g total fat (1.5 g saturated fat), 2 g carbohydrate, 24 g protein, <1 g dietary fiber, 316 mg sodium.

Ingredients

- 1 tsp. coriander seed
- 1 tsp. fennel seed
- 1 Tbsp. finely chopped fresh rosemary
- 1 Tbsp. coarsely chopped fresh sage
- 2 garlic cloves, chopped
- 1 tsp. kosher salt
- 1/8 tsp. freshly ground pepper
- 3 Tbsp. extra virgin olive oil
- 1 (5-7 lb.) whole turkey breast, bone-in
- 4 cups low-sodium chicken broth*



Directions

1. Combine coriander and fennel seeds in small, dry skillet and toast over medium-high heat until seeds are golden and fragrant, 3 to 4 minutes, shaking and moving pan in circular motion occasionally at first, then constantly. Transfer seeds to plate to cool.
2. Make seasoning mixture in food processor by pulsing toasted coriander and fennel seeds with herbs and garlic until finely chopped. Add salt and pepper and whirl until all ingredients are very finely chopped, 30 seconds. With motor running, drizzle in oil. Set seasoning mixture aside for 15 minutes.
3. While seasoning sits, use your fingers to gently separate skin from turkey breast meat, taking care not to tear skin. Using your hand, rub one third of seasoning mixture under skin on each side of breast and coat inside of breast with remaining mixture. Rub your oily hands over skin, coating it lightly. Seal breast in plastic wrap and set on a plate. Marinate breast in refrigerator for 4 hours.
4. Preheat oven to 350 degrees F. Place rack in large roasting pan. While oven heats, unwrap turkey and let sit on counter.

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