

Cancer Prevention Pantry

Quinoa and Black Bean Salad

Ingredients

- ½ cup dry quinoa
- 1½ cups water
- 1½ tablespoons olive oil
- 3 tablespoons lime juice
- ¼ teaspoon cumin
- ¼ teaspoon ground coriander (dried cilantro seeds)
- 2 tablespoons cilantro, chopped
- 2 medium scallions, minced
- 1 can (15 ounces) black beans, rinsed and drained
- 2 cups tomato, chopped
- 1 medium red bell pepper, chopped
- 1 medium green bell pepper, chopped
- 2 fresh green chilis (or to taste), minced
- black pepper (to taste)

Directions

1. Rinse the quinoa in cold water. Boil water in a saucepan, then add the quinoa. Return to boil, then simmer until the water is absorbed, 10 to 15 minutes. Cool for 15 minutes.
2. While quinoa is cooking, mix olive oil, lime juice, cumin, coriander, chopped cilantro, and scallions in a small bowl, and set aside.
3. Combine chopped vegetables with the black beans in a large bowl, and set aside.
4. Once quinoa has cooled, combine all ingredients and mix well. Cover and refrigerate until ready to serve.



Source: *32 Vegetarian Delicious and Heart Healthy Latino Recipes*

Potato and Kale Soup

Ingredients

- 2 tablespoons olive oil
- 2 cups chopped yellow onion (about 1 large onion)
- 1½ cups chopped carrots (about 3 carrots)
- 1½ cups chopped celery (about 3 stalks)
- 4 cloves garlic, minced
- 1 tablespoon whole fennel seeds
- Sea salt & pepper, to taste
- 1 can (15 ounce) white beans, rinsed & drained
- 6 cups cubed (about 1-inch pieces) potatoes
- 4 cups chopped kale (about 1 bunch)
- 4 cups low-sodium vegetable broth
- 4 cups water

Toppings:

- 6 ounces low-fat Greek yogurt
- ½ cup chopped fresh chives

Directions

1. Sauté oil, onion, carrots, celery, garlic, fennel seeds, salt and pepper for 8 minutes.
2. Puree beans until smooth and stir into veggie mixture.
3. Add in potatoes, kale, broth and water.
4. Bring to boil, cover and simmer for 20-30 minutes, until potatoes are tender.
5. With hand blender, puree 50% of the soup until smooth.
6. Top each serving with dollop of yogurt and chopped chives.

Source: <https://www.eatright.org/food/planning-and-prep/recipes/potato-and-kale-soup-recipe>



Sweet Potato Cornbread Muffins Recipe

Ingredients

- 2 ¼ cups yellow cornmeal
- 1 cup all-purpose flour
- ½ cup turbinado sugar
- 1 tablespoon baking powder
- 1 ½ teaspoons salt
- ½ teaspoon baking soda
- ¼ teaspoon ground ginger
- 1 ¾ cups low-fat buttermilk
- 1 cup mashed roasted sweet potato (about 1 large)
- 4 large eggs, lightly beaten
- ¼ cup butter, melted

Directions

1. Preheat oven to 425°F (218°C).
2. Combine cornmeal, flour, sugar, baking powder, salt, baking soda and ginger in a large bowl, whisking to combine.
3. In a medium bowl, combine buttermilk, sweet potato and eggs; whisk until smooth.
4. Add sweet potato mixture to cornmeal mixture, and stir just until moistened. Then, stir in melted butter.
5. Spoon batter into lightly greased muffin pans, filling about three-fourths full.
6. Bake 18 to 22 minutes or until tops are golden brown. Cool in pan for 5 minutes.

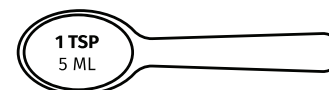
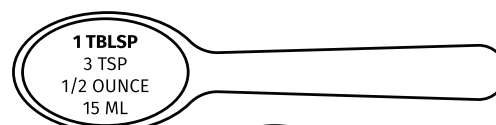
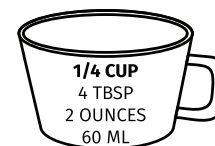
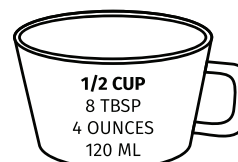
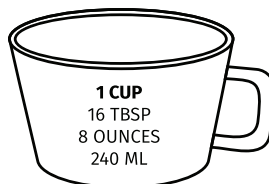
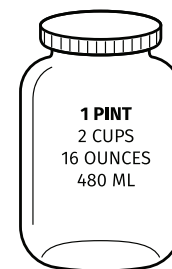
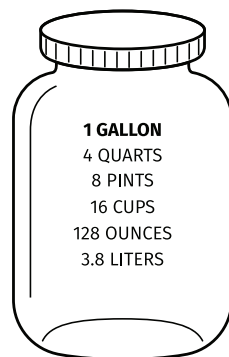
Source: <https://www.eatright.org/food/planning-and-prep/recipes/sweet-potato-cornbread-muffins-recipe>



KITCHEN MEASUREMENT CONVERSIONS

ABBREVIATIONS

t = teaspoon(s) fl.oz. = fluid ounce(s)
 T = tablespoon(s) oz. = ounce(s)
 qt = quart(s) mL = milliliters
 C = cup(s) L = liter
 pt = pt g = grams
 gal = gallon Kg = kilogram
 lb. = pound(s)



Liquid or Volume Measures (approx.)

1t		1/3 T	5 mL
1 T	1/2fl.oz	3T	15 mL, 15 cc
2 T	1fl.oz	1/8 C, 6T	30 mL, 30 cc
1/4 C	2 fl.oz.	4 T	59 mL
1/3 C	2 2/3fl.oz.	5 T & 1t	79 mL
1/2 C	4 fl.oz.	8 T	118 mL
2/3 C	5 1/3 fl.oz.	10 T & 2 t	158 mL
3/4 C	6 fl.oz.	12 T	177 mL
7/8 C	7 fl.oz.	14 T	207 mL
1 C	8 fl.oz./ 1/2 pt	16 T	237 mL
2 Cs	16fl.oz/ 1 pt	32 T	473 mL
4 Cs	32fl.oz	1 qt	946 mL
1 pt	16fl.oz/ 1 pt	32 T	473 mL
2 pt	32fl.oz	1 qt	946 mL, 0.946 L
8 pt	4 qt	1 gal	3785 mL 3.78 L
4 qt	128fl.oz	1 gal	3785 mL, 3.78 L
1 liter	1.057 qt		1000 mL
1 gal	4 qt	128fl.oz	3785 mL, 3.78 L

Dry Or Weight Measurement (approx.)

1 oz.		30 g (28.35 g)
2 oz.		55 g
3 oz.		85 g
4 oz.	1/4 lb.	125 g
8 oz.	1/2 lb.	240 g
12 oz.	3/4 lb.	375 g
16 oz.	1 lb.	454 g
32 oz.	2 lb.	907 g
1/4 lb.	4 oz.	125 g
1/2 lb.	8 oz.	240 g
3/4 lb.	12 oz.	375 g
1 lb.	16 oz.	454 g
2 lb.	32 oz.	907 g
2 lb.	32 oz.	907 g
1 Kg	2.2 lb. /	
35.2 oz.	1000 g	

Here's to happy & healthy cooking!

RWJ Barnabas
HEALTH

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Cancer Institute
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Let's beat cancer together.