

Other Vegetable Dishes The Fight Cancer

SWEET POTATO IN ORANGE CUPS

Ingredients

- 4 oranges
- ½ tsp. cinnamon
- 2 large sweet potatoes, cooked

Instructions

Cut oranges in halves, remove fruit. Mash potatoes fine. Cut fruit from the oranges into very tiny pieces and add to potatoes. Mix well. Pile the mashed potatoes into the orange shells. Sprinkle with cinnamon. Bake in 350 degree oven for 15 minutes or until browned on top. Serves 8.

Nutritional Information

Calories 75; Total Fat 1 g; % Fat 1; Cholesterol 0mg; Sodium 4mg

SPINACH MARDA

Ingredients

- 2 (10 oz.) pkg. frozen spinach
- 1 c. Homemade Sour Cream (Click [HERE](#) for *Homemade Sour Cream* recipe)
- 2 tbsp. dehydrated onion flakes
- ¼ tsp. garlic powder
- 1/8 tsp. pepper

Instructions

Thaw spinach. Drain excess liquid. Combine spinach, sour cream, onion, garlic, and pepper. Place in medium size casserole dish. Bake in 350 degree oven for 30 minutes. Serves 4.

Nutritional Information

Calories 69; Total Fat 1g; % Fat 3; Cholesterol 0mg; Sodium 52mg

STUFFED SUMMER SQUASH

Ingredients

8 fresh squash (same size)
Water for boiling squash
1 tbsp. parsley, chopped
1 tbsp. wheat germ
1 tbsp. plain low-fat yogurt
1 tbsp. onion, chopped
1 tsp. dill weed
½ c. purified water

Instructions

Wash squash and remove stems. Boil for 10 minutes in enough purified water to cover. Remove from boiling water and cool. Using a spoon, scoop out a cavity in each squash. In a blender, place the scooped out squash; add parsley, wheat germ, yogurt, onion, and dill weed. Fill squash and arrange in casserole dish with ½ cup water. Sprinkle extra dill weed over filled squash. Bake uncovered in 350 degree oven for 20 minutes. Serves 8.

Nutritional Information

Calories 32; Total Fat 1g; % Fat 9; Cholesterol 0mg; Sodium 8mg

BEETS DELIGHT

Ingredients

2 Tbsp. cornstarch
¾ c. purified water
¼ c. lemon juice
½ tsp. tarragon
½ tsp. pepper
3 c. pared and quartered beets, cooked until tender

Instructions

In a saucepan, dissolve cornstarch in water. Add lemon juice and seasonings. Stir often. Cook on low heat 15 minutes. Add beets until heated through. Serves 2.

Nutritional Information

Calories 129; Total Fat 1g; % Fat 3; Cholesterol 0mg; Sodium 160mg

PARSIAN CARROTS

Ingredients

1 small onion, minced
¼ c. purified water
2 c. cooked carrots, sliced
Pepper to taste
1 tsp. parsley, minced

Instructions

Brown onion in water until golden. Add carrots and pepper. Heat thoroughly. Before serving, sprinkle with parsley. Serves 4.

Nutritional Information

Calories 41; Total Fat 1g; % Fat ; Cholesterol 0mg; Sodium 52mg

BROCCOLI LOAF

Ingredients

2 c. broccoli
3 egg whites
4 quartered tomatoes
1 onion, sliced
1 c. celery, diced
1 c. salt free cracker crumbs
¼ tsp. pepper
¼ tsp. nutmeg
¼ tsp. allspice
¼ tsp. onion powder

Instructions

Cook broccoli Vacuumatically. Drain broccoli and blend with all ingredients in the blender. Bake, uncovered in 8 ½ x 8 ½ inch casserole dish sprayed with non-stick spray. Bake 30 minutes in 350 degree oven. Serves 4.

MUSHROOMS A LA PERI

Ingredients

1 large onion, diced
¼ c. purified water
1 lb. fresh mushrooms, cleaned
½ tsp. salad herbs
1 Tbsp. parsley
2 Tbsp. sherry
1 c. plain low-fat yogurt

Instructions

Sauté onions in water until golden brown. Add mushrooms, herbs, and parsley. Cook over medium heat, adding more purified water if necessary. Stir until mushrooms are tender and liquid is absorbed. Reduce heat to low. Add sherry and yogurt. Stir until heated. Serves 6.

Nutritional Information Calories 60; Total Fat 1g; % Fat 13; Cholesterol 2mg; Sodium 63mg

CORN SOUFFLE

Ingredients

1 c. hot nonfat milk
3 Tbsp. flour
1/8 tsp. pepper
1/8 tsp. paprika
1/8 tsp. garlic powder
3 egg whites
4 c. fresh or frozen corn
½ c. pimiento
½ c. bell pepper, chopped
½ c. onion, chopped

Instructions

Scald milk; remove from fire and slowly add flour, mixing so it will not get lumpy. Add seasonings. Beat egg whites until stiff. Mix all ingredients, folding in egg whites last. Mix all ingredients, folding in egg whites last. Pour in 2 quart baking dish and bake 30 minutes in 350 degree oven. Serves 6

Nutritional Information Calories 138; Total Fat 1g; % Fat 8; Cholesterol 1mg; Sodium 67mg

ORANGY BANANA SQUASH

Ingredients

3 lb. banana squash, sliced

½ c. orange juice

½ tsp. cinnamon

½ tsp. nutmeg

Instructions

Cook Squash Vacumatically until tender. Peel; mash and add orange juice and seasoning. Pour into shallow pie plate and brown 30 minutes in 325 degree oven. Serves 6.

Nutritional Information

Calories 84; Total Fat 1g; % Fat 12; Cholesterol 0mg; Sodium 2mg

GOLDEN CARROTS

Ingredients

1 small onion, chopped

2 tbsp. parsley, chopped

¾ c. water

1 lb. fresh or frozen carrots

Dash of pepper

Instructions

Place onion and parsley in medium size skillet with ¼ cup purified water. Sauté until golden brown. Add carrots and ½ cup purified water. Cover and cook slowly until tender, about 10 minutes. Serves 6.

Nutritional Information

Calories 37; Total Fat 1g; % Fat 4; Cholesterol 0mg; Sodium 27mg

COMPANY CARROTS

Ingredients

1 (4 oz.) can frozen unsweetened apple juice concentrate*
2 oz. purified water
6 large carrots, sliced
¼ tsp. cinnamon

Instructions

Place juice and purified water in medium size saucepan. Heat slowly until defrosted. Add carrots and cinnamon. Cook on medium heat until tender, about 10 to 15 minutes. Serves 8.

*One (4 ounce) can frozen orange juice may be substituted for apple juice.

Nutritional Information

Calories 53; Total Fat 1g; % Fat 3; Cholesterol 0mg; Sodium 23mg

LAST MINUTE ZUCCHINI FRY

Ingredients

4 medium zucchini, sliced
¼ tsp. garlic powder
1/8 c. water
Dash of pepper

Instructions

Place zucchini in medium size saucepan with purified water over high heat. Sprinkle garlic powder over zucchini. Keep stirring until zucchini is golden brown, adding more water if necessary. Add pepper to taste. Serves 4.

Nutritional Information

Calories 28; Total Fat 1g; % Fat 7; Cholesterol 0mg; Sodium 6mg

CARROTS AND BANANAS SUPREME

Ingredients

6 carrots

2 bananas

½ tsp. vanilla

½ tsp. nutmeg

½ tsp. cinnamon

Instructions

Slice carrots and cook in small amount of water until tender. Mash carrots and bananas; combine with seasonings. Bake in shallow pie plate until brown on top in 350 degree oven. Serves 8.

Nutritional Information

Calories 52; Total Fat 1g; % Fat 5; Cholesterol 0mg; Sodium 19mg

FRUITY CARROTS

Ingredients

1 (11 oz.) can mandarin oranges, drained

½ c. orange juice

1 lb. carrots, sliced (fresh or frozen)

¼ tsp. curry powder

1 c. seedless grapes

1 tsp. lemon juice

Instructions

Rinse oranges in purified water. Put orange juice in a medium large pan over medium heat. Add carrots and curry powder. Stir well. Cover and cook about 10 minutes or until carrots are tender and liquid is absorbed. Add grapes, oranges, and lemon juice. Mix well. Cover and heat until hot throughout. Serves 8.

Nutritional Information

Calories 56; Total Fat 1g; % Fat 4; Cholesterol 0mg; Sodium 22mg

LEMON ARTICHOKES

Ingredients

2 artichokes
2 qt. boiling purified water
Juice of 1 ½ lemons
½ c. plain low-fat yogurt
½ tsp. onion powder
½ tsp. dill weed

Instructions

Note: See 3 below. May substitute 1 teaspoon mustard or ¼ teaspoon garlic powder in place of onion powder and dill weed.

Remove tough outer leaves from artichokes. Cut off stems. Wash well. Place artichokes in 2 quarts of boiling purified water. Add juice of 1 lemon (juice of ½ lemon reserved for item 2 below). Test readiness by pulling out leaf easily. Serves 2.

May serve with plain low-fat yogurt or with items 2 or 3.

2. In blender, mix ½ cup yogurt, juice of ½ lemon, ½ teaspoon onion powder, and ½ teaspoon dill weed.

Could also use yogurt combined with ½ teaspoon mustard or ¼ teaspoon garlic powder

Nutritional Information Calories 99; Total Fat 1g; % Fat 9; Cholesterol 4mg; Sodium 157mg

ONION FLAVORED ARTICHOKES

Ingredients

4 artichokes
Boiling purified water to cover
½ tsp. onion powder
½ c. Homemade Sour Cream (Click [HERE](#) for *Homemade Sour Cream* recipe)
1 tsp. dried onion flakes

Instructions

Wash artichokes thoroughly. Place in boiling purified water. Cook about 35 minutes. Drain with leaves facing down. Mix onion powder, sour cream, and onion flakes. Dip each leaf in sauce. Serves 4.

Nutritional Information Calories 76; Total Fat 1g; % Fat 4; Cholesterol 1mg; Sodium 191mg

FILLED ACORN SQUASH

Ingredients

2 acorn squash

Cinnamon

1 green apple

½ (6 oz.) can frozen unsweetened orange juice concentrate

¼ c. celery

½ c. pineapple chunks, drained (packed in natural juice)

¼ c. sunflower seeds

Instructions

Cook squash Vacumatically. When cool, cut down the center (stem to point). Sprinkle squash with cinnamon. Dice apple and celery; add pineapple and sunflower seeds. Fill cavity with mixture and top with frozen orange juice. Bake, uncovered, in shallow casserole for 20 minutes in 350 degree oven. Serves 4.

Diced chicken or turkey may be added for a complete luncheon dish.

Nutritional Information Calories 221; Total Fat 5g; % Fat 19; Cholesterol 0mg; Sodium 14mg

SPICY BEETS WITH A TANG

Ingredients

1 (1 lb.) can beets, rinsed in cold water

1 small onion, sliced thin

½ c. purified water

1/3 c. rice vinegar

1 packet artificial sweetener

5 cloves

1 stick cinnamon

Instructions

Put beets and onion aside. In a saucepan, combine remaining ingredients. Simmer for 10 minutes. Remove cloves and cinnamon stick. Add beets and onion; heat through. Serves 4.

Nutritional Information Calories 30; Total Fat 1g; % Fat 4; Cholesterol 0mg; Sodium 153mg

FANCY GREEN BEANS

Ingredients

4 c. cooked green beans
1/2 c. matzo meal (unsalted) or bread crumbs
1/4 tsp. garlic powder
Pepper to taste

Instructions

Heat all ingredients together until beans are coated with crumbs and crumbs are golden brown. Serves 6.

Nutritional Information

Calories 73; Total Fat 1g; % Fat 5; Cholesterol 0mg; Sodium 3mg

SPANISH GREEN BEANS

Ingredients

4 c. cooked green beans
1 small onion, chopped
1/4 c. purified water
1/2 c. tomato puree
Pepper to taste

Instructions

Brown onion in purified water until golden. Add remaining ingredients. Mix and heat through. Serves 6.

Nutritional Information

Calories 4; Total Fat 1g; % Fat 5; Cholesterol 0mg; Sodium 10mg

SPICY SPANISH GREEN BEANS

Ingredients

4 c. cooked green beans
1 small onion, chopped
¼ c. purified water
½ c. tomato puree
1 tsp. chopped jalapeno chilies
Pepper to taste

Instructions

Brown onion in purified water until golden. Add remaining ingredients. More chilies can be added if desired. Mix and heat through. Serves 6.

Nutritional Information Calories 42; Total Fat 1g; % Fat 5; Cholesterol 0mg; Sodium 10mg

PARTY TOMATOES

Ingredients

6 large tomatoes
1 c. zucchini
1 stalk celery
6 fresh mushrooms
½ c. chives
6 radishes
2 ½ tbsp. sunflower seeds
Sauce:
½ c. plain low-fat yogurt
1 tsp. prepared mustard

Instructions

Wash and core tomatoes; set in dish upside down. Chop zucchini, celery, mushrooms, chives, and radishes.

Add sunflower seeds and mix in sauce.

Fill tomatoes and serve on a lettuce leaf. Serves 6.

Nutritional Information Calories 85; Total Fat 3g; % Fat 29; Cholesterol 1mg; Sodium 50mg

GREEN RICE

Ingredients

2 c. purified water

Pinch of black pepper

1 c. rice

1 tbsp. margarine

½ c. chopped green onion

½ c. chopped celery

½ c. finely chopped fresh parsley

Instructions

Bring purified water and pepper to a boil. Add rice and reduce heat to a very low. Cover and cook rice until tender, about 20 minutes. Melt margarine in a nonstick skillet over medium heat. Add green onion, celery, and parsley and sauté until tender, about 5 minutes. Add cooked rice to vegetable mixture, heat through and serve. Serves 6.

Nutritional Information

Calories 141; Total Fat 2g; % Fat 13; Cholesterol 0mg; Sodium 17 mg

BLACK-EYED PEAS

Ingredients

2/3 c. dried black-eyed peas

2 c. purified water

2 oz. Canadian bacon, chopped

1 clove garlic, chopped

1/8 tsp. cayenne pepper

1 bay leaf

Instructions

Rinse peas and soak in 3 cups water for 45 minutes. Drain peas, place in large saucepan, and add enough water to just cover. Stir in the remaining ingredients and bring to a boil. Reduce heat and simmer until peas are tender, 2 to 3 hours. Serves 4.

Nutritional Information

Calories 79; Total Fat 1g; % Fat 11; Cholesterol 7mg; Sodium 203mg

STUFFED ZUCCHINI

Ingredients

16 zucchini squash

½ c. cooked rice

1 lb. lean ground beef (may use leftover ground turkey)

2 (6 oz.) cans tomato paste (unsalted)

½ tsp. lemon juice

¼ tsp. pepper

¼ tsp. garlic powder

¼ tsp. chili salsa

¼ tsp. marjoram

1 small onion, chopped

Instructions

Cook squash Vacumatically. Slice in half the long way (do not peel). Spoon out center in a mixing bowl. Add rice, ground meat, 1 can tomato paste, lemon juice, and seasonings. Mix well and stuff squash. Make a sauce of 1 can tomato paste, onion, and 1 can purified water in blender. Place squash in baking dish; pour tomato sauce to cover squash and bake, uncovered, for 30 minutes in 350 degree oven. Serves 8.

Nutritional Information

Calories 199; Total Fat 6g; % Fat 25; Cholesterol 21mg; Sodium 67mg