



BACC

Bay Area Cancer Connections

Recipes for:

Cooking for Your Microbiome

During and After Cancer

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Salmon & Roasted Vegetable Quinoa Bowls: Ingredients

Recipe adapted from the kitchen of www.twopeasandtheirpod.com

For the salmon:

- 4 4-ounce portions wild salmon

For the vegetables:

- 1 large sweet potato chopped into 1/2-inch pieces
- 2 cups broccoli florets
- 2 cups cauliflower florets
- 2 cups Brussels sprouts cut in half
- 1/2 red onion sliced
- 1-2 tablespoons olive oil
- Salt and black pepper to taste
- 3 cups chopped kale

For the Quinoa (note that you could substitute with riced cauliflower):

- 1 cup quinoa, rinsed
- 2 cups water
- Pinch of salt

For the Lemon Tahini Dressing:

- 1/3 cup tahini
- 1 clove garlic
- 4 tablespoons lemon juice
- 1/3 cup warm water
- Salt and pepper to taste

Roasted Vegetable Quinoa Bowls: Directions

Recipe from the kitchen of www.twopeasandtheirpod.com

- Preheat oven to 400 degrees F. Place the vegetables (except the kale) on two baking sheets, making sure they are in an even layer and spread out a little. Drizzle with olive oil and toss until the vegetables are coated. Season with salt and black pepper. Place in the oven and roast for 20 minutes. Remove from the oven and toss the vegetables. Place the pans back in the oven and roast for 15-20 more minutes or until vegetables are tender and slightly crisp. I prefer my vegetables crispy so I let them roast for about 40 minutes total.
- While the vegetables are roasting, prepare and bake the salmon. Place the salmon fillets on a baking sheet; spritz with olive oil, salt, and pepper. Bake for 10-12 minutes. I cooked in the air-fryer for 7 minutes.
- While the vegetables are roasting make the quinoa. In a medium saucepan, combine water, rinsed quinoa, and salt. Bring to a boil. Reduce heat to low and cover with a lid. Cook for 10-15 minutes. Remove from heat and let stand for 5 minutes, covered. Remove the lid and fluff the quinoa with a fork.
- To make the lemon tahini dressing, whisk together the tahini, garlic, lemon juice, and water in a small bowl or jar. Season with salt and pepper, to taste. If the dressing is too thick, add a little more water and whisk again.
- To assemble the bowls, add quinoa or riced cauliflower, an assortment of the roasted vegetables, and chopped kale. Drizzle with lemon tahini dressing.

Rainbow Protein Smoothie Bowl: Ingredients

- ½ tsp matcha green tea powder OR ½ cup green tea, cold
- ¾ cup vanilla almond or coconut milk (unsweetened)
- ¼ tsp cinnamon, ground
- 1-2 tsp fresh ginger, minced or grated
- ½ cup fresh or frozen berries
- ½ cup other fresh or frozen fruit such as strawberries, cherries, peaches or mango
- 2 cups packed baby spinach or kale
- 1 serving protein powder (collagen peptides, pea, myco, or whey)
- ¼ avocado (optional for a creamier texture)
- 1 dried, pitted date, chopped, or dash of pure stevia extract (optional for a sweeter flavor)

Toppings:

- 1 tbsp ground flax
- 1 tbsp chia seeds
- 1 tbsp hemp hearts
- 1 tbsp unsweetened shredded coconut
- 1 tbsp almond butter

Rainbow Protein Smoothie Bowl: Directions

- Add almond milk/coconut milk, matcha powder (or prepared green tea), cinnamon, ginger, and protein powder to blender. If using prepared green tea, use $\frac{1}{4}$ - $\frac{1}{2}$ cup almond/coconut milk.
- Next add the greens and fruit.
- Blend until ingredients are mixed.
- Pour into a bowl and add the toppings adjusting the ingredients and portions to your palate.
- Enjoy!

FIERY CARROT AVOCADO SOUP

From the kitchen of Café Gratitude

Ingredients

- 2 cups carrot juice
- 1 large avocado (save a bit for the garnish)
- 1 Tbsp + 1 tsp minced ginger
- 1 Tbsp + 1 tsp lemon juice
- ½ jalapeño pepper
- ½ tsp chopped garlic
- 1/4 tsp cayenne pepper
- 5 mint leaves
- 15 large basil leaves
- 1 Tbsp + 1 tsp olive oil

Directions:

- Place all ingredients in blender. Purée until smooth. Taste and adjust seasonings if necessary. Pour into 3 or 4 bowls and garnish with a mint leaf or a thin slice of avocado.
- Makes 3 cups, serves 3-4.

Fermented Vegetables

Ingredients

- 2 cups vegetables of your choice, washed and cut into roughly evenly-sized pieces
- 2 cups filtered water
- 1 tbsp sea salt
- Seasonings of your choice – red pepper flakes, garlic, dill, ginger, basil, oregano, fennel, curry powder

Directions:

- Fill a clean, wide mouth jar with the chopped vegetables, leaving at least 1 ½ inches of headspace. Add desired seasonings. Mix together the water and salt until the salt has dissolved. Pour the salt water brine over the vegetables in your jar(s), leaving 1 inch of headspace. Use a soft spatula to release air bubbles by pushing the sides all around the jar. Place a smaller clean jar (or other weight) inside the first jar to keep the vegetables submerged below the brine. Cover the jars with something breathable – cheesecloth, tea towel, nut milk bag, paper coffee filter. Hold the material to the jar with a rubber band. If you have fermenter lids that are designed for this purpose, of course, use those. Leave your vegetables to ferment at room temperature for 2-4 days. Note that the ideal fermenting temperature is 70-75 degrees F. Start tasting your vegetables after 2-3 days. Once they reach a flavor to your liking, you can remove the weight, cover the jar tightly, and place the fermented vegetables in the refrigerator. They're ready to enjoy!

Sweet Potato “Toast”

Ingredients:

- 1 medium sweet potato
- Optional toppings: almond or other nut butter, tahini, avocado, hummus, black bean spread, unsweetened apple butter, cinnamon

Directions:

- Slice sweet potato lengthwise in 1/4” or thinner slices. Place in toaster oven until cooked, ~7-10 minutes. Top as you desire and enjoy!

Chia Pudding

Hold on, before you turn away, please read. Chia pudding is SO simple to make. This low-carb, high fiber, recipe is packed with anti-inflammatory omega-3 fatty acids. You can use this for breakfast, a snack, and/or dessert.

Ingredients:

1/4 cup chia seeds

1 cup non-dairy milk, such as almond, coconut, or oat

3/4 cup berries, fresh or frozen

optional ingredients: vanilla, cinnamon, matcha, mint leaves, ginger

Directions:

- Mix all ingredients together in a Mason jar, shake, and refrigerate for an hour or longer.
- Spoon up and enjoy! And be sure to drink plenty of fluids given the high fiber content of the chia seeds.

Ginger Lemon Refresher

This drink was inspired from Suja's Ginger Love – it's gingery, tart, slightly sweet, and packs a punch.

Ingredients

- 1 tbsp fresh lemon juice
- 16 fluid ounces filtered water
- 1-1 ¼ ounces ginger juice
- Pinch of cayenne pepper
- 40 mg (essentially a pinch) pure stevia powder

Directions

- Mix all ingredients together and enjoy!