



The New American Plate
One-Pot Meals

Recipes for a healthy weight
and a healthy life



American
Institute for
Cancer
Research



One-Pot Meals

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What Is the New American Plate?

It's not a short-term "diet" to use for weight loss, but a new approach to eating for better health. The New American Plate emphasizes the kind of foods that can significantly reduce our risk for disease. It also shows how to enjoy all foods in sensible portions. That is, it promotes a healthy weight as just one part of an overall healthy lifestyle.

A large and growing body of research shows that what we eat and how we live have a lot to do with our risk of developing cancer, as well as heart disease, adult-onset diabetes and many other chronic health problems.

At the center of the New American Plate are a variety of vegetables, fruits, whole grains and beans. These plant-based foods are rich in substances that help keep us in good health and protect against many types of cancer. They are also naturally low in calories. When plant-based foods are on our plate, we're able to eat more filling and satisfying meals – all for fewer calories than the typical American diet.

Recipes for a Healthy Weight and a Healthy Life

This brochure contains 20 recipes for one-pot meals. They are stews, stir-fries, casseroles and grain-based salads. They all contain a variety of health-promoting ingredients, and they all can serve as a meal in themselves.

There are many reasons to add some one-pot meals to your weekly menu. First, they are convenient. They take less time to plan and prepare. And there is only one pot to wash.

Furthermore, they add variety to a meal. Most people are used to a plate with meat and vegetables on it. The look, aroma, texture and flavor of these one-pot recipes are novel and enticing. The blended taste of a variety of vegetables, spices and herbs flavored with a small amount of meat will tempt even the most finicky eater.

Finally, all the one-pot recipes in this brochure lend themselves to healthy eating. A healthy meal supplies the energy to last you several hours, but not excess energy that turns to fat. It also supplies various nutrients that help your body fight off chronic diseases like cancer, heart disease and stroke.

Too often the traditional American plate fails to qualify as a healthy meal. It is planned around a large portion of meat or poultry with a green vegetable and potatoes served on the side.



If your plate looks like that, you're probably taking in too many calories and certainly too many calories from fat. Furthermore, you may not be getting enough of the vitamins, minerals and health-protecting phytochemicals found in plant foods. As a result, the traditional American plate may not help you maintain a healthy weight or defend your body against chronic disease.

The New American Plate

In contrast, the New American Plate is planned around plant foods. The proportion of food on the plate is radically different. Vegetables, fruits, whole grains and beans cover two-thirds (or more) of the plate; animal protein covers one-third (or less). In fact, experts at AICR often recommend that animal protein be reduced to a three-ounce portion or less in order to make room for a variety of plant foods.

These recommendations are based on strong scientific evidence. A panel of experts from around the world, convened by AICR, evaluated 4,500 studies on the links between diet and cancer. Their conclusions were published in *Food, Nutrition and the Prevention of Cancer: a global perspective* and indicate that diet is associated with reduced risk of cancer in 18 sites. This panel identified 192 studies that show vegetables and fruits to be cancer protective.

There is a strong consensus today among scientists that a diet high in vegetables, fruits, whole grains and beans reduces the risk of cancer. They have concluded that if everyone ate such a diet, exercised regularly and maintained a healthy weight, there would be 30 to 40 percent fewer cases of cancer in the U.S. Furthermore, this predominantly plant-based diet also reduces risk of heart disease, stroke and adult-onset diabetes.

AICR Diet and Health Guidelines for Cancer Prevention

1. Choose a diet rich in a variety of plant-based foods.
2. Eat plenty of vegetables and fruits.
3. Maintain a healthy weight and be physically active.
4. Drink alcohol only in moderation, if at all.
5. Select foods low in fat and salt.
6. Prepare and store food safely.

And always remember...

Do not use tobacco in any form.

These simple action steps represent the best advice science currently offers to lowering your cancer risk.

Making Some Changes

Take a look at your plate. If what you see is a large slab of meat with small servings of vegetables and potato, it may be time to make a few changes. Even small changes can provide health benefits. Every new vegetable, fruit, whole grain or bean you add contributes disease-fighting power. And any excess calories you eliminate will help you manage your weight.

Stage 1:

It's a good idea to make changes gradually. Begin by reducing the portion size of the meat. Limit it to a moderate four to six ounces and increase your vegetable servings.



Make it interesting. Instead of mashed potatoes, try seasoned brown rice or sweet potatoes mashed with apple cider and cinnamon. Add a little olive oil and herbs to your string beans, or just sprinkle them with lemon juice. Remember, it helps if the plant foods steal the scene from the meat.

Stage 2:

After you've grown accustomed to this transitional plate, take the next step. Reduce the animal protein on your plate to three ounces – about the size of a deck of cards. Then add a wider variety of plant foods. Rice with sliced mushrooms might be nice,



and two cancer-fighting vegetables such as broccoli and yellow squash or snow peas and carrots.

That's a healthy meal. The proportions two-thirds (or more) plant food to one-third (or less) animal protein will help prevent chronic disease and also assist with weight control.

One-Pot Cooking

But you could take your changes one step further. The proportions of the New American Plate lend themselves to stir-fries, stews, casseroles and grain-based salads.



These dishes cooked in one pot (or prepared on one plate) are bursting with colorful vegetables, fruits, whole grains and beans. Red meat, fish or poultry is used as a condiment, to add flavor and substance to the meal. And

one-pot meals make the transition to the New American Plate easy. The change in proportion is not evident, but the delicious, new flavors are. When you are ready to try some of these healthful and great-tasting meals, you'll find 20 recipes on page 12.

Portion Size

People arriving in the U.S. from abroad often comment on how large the portions are on American plates. That may be because restaurateurs and food retailers are committed to “value marketing.” They compete by offering us more food for less money. The “supersized” meals and oversized snacks we buy away from home tend to confuse us about reasonable portion sizes when we're at home. Today Americans eat 148 more calories per day than they did two decades ago. That extra intake could add up to 15 pounds per year.

When it comes to reaching a healthy weight, it's not just *what* you eat, but also *how much* you eat that matters. Many of the fad diet books sold today recommend eliminating some or all carbohydrates from your meals in order to lose weight. In fact, those diets won't lead to lasting weight loss unless they also involve reduced consumption of calories.

It is important to maintain the right proportion of plant food (usually carbohydrates) and animal food (usually protein and fat) for your long-term health. Furthermore, doing so may in fact help you manage your weight. Vegetables and fruits tend to be more filling and have fewer calories. But if you eat oversized portions of even the most healthy foods, you are likely to gain weight. The only practical way to shed excess pounds is to eat less and exercise more.

Fad Diets and the New American Plate

You've probably noticed a new wave of fad diets flooding the American marketplace. Behind these quick-fix plans lies the notion that certain kinds of foods – such as sugar, bread and carbohydrates in general – are “bad” or fattening and must be avoided.

But it's not an effective or healthy idea to start changing your meals according to the theory of some bestselling diet book. Sudden, drastic changes to your diet are often difficult to maintain in the long run. Instead, making gradual adjustments will encourage permanent improvements in the way you eat.

Most of these plans overlook the disease-fighting benefits of a diet rich in vegetables, fruits, whole grains and beans. That could raise your risk of chronic diseases like cancer and heart disease. Furthermore, plates that feature healthy portions of plant-based foods tend to be lower in calories and fat than plates recommended by many fad diets. And when it comes to weight management, it is *total* caloric intake that counts, not any kind of magic “protein vs. carbohydrate” formula.

Sizing Up the Portions on Your Plate

To come to terms with the size of the portions we eat, we need a point of comparison. Look on page 10 for a list of standard serving sizes published by the U.S. Department of Agriculture. In comparison with what we usually eat, these servings seem remarkably small. Many people eat three cups of pasta at a sitting. Some restaurants are known to serve six or eight cups on a plate. Yet USDA defines a standard serving of pasta as one-half cup.

No one is suggesting that half a cup of

pasta should suffice even as a side dish. Each of us has different calorie needs during the day. A jogger who runs three miles every morning or a pregnant woman burns more calories than a sedentary office

Standard Serving Sizes

Food	Serving	Looks Like
Chopped Vegetables	1/2 cup	1/2 baseball or rounded handful for average adult
Raw Leafy Vegetables (such as lettuce)	1 cup	1 baseball or fist for average adult
Fresh Fruit	1 medium piece	1 baseball
	1/2 cup chopped	1/2 baseball or rounded handful for average adult
Dried Fruit	1/4 cup	1 golf ball or scant handful for average adult
Pasta, Rice, Cooked Cereal	1/2 cup	1/2 baseball or rounded handful for average adult
Ready-to-Eat Cereal	1 oz. which varies from 1/4 cup to 1 1/4 cups (check label)	
Meat, Poultry, Seafood	3 oz. (boneless cooked weight from 4 oz. raw)	Deck of cards
Dried Beans	1/2 cup cooked	1/2 baseball or rounded handful for average adult
Nuts	1/3 cup	Level handful for average adult
Cheese	1 1/2 oz. (2 oz. if processed cheese)	1 oz. looks like 4 dice

Source: U.S. Department of Agriculture

worker who commutes by car. These standard servings provide us with a way to assess the amount of food we eat, and they allow us to ask ourselves some important questions: How many standard servings are there in the portion I regularly eat? Do I actually require that many?

Try an experiment at your next meal. Measure out your usual portion size onto a plate or a bowl. Make a mental note of how much of your plate or bowl is covered by this serving.

After checking the chart, measure out the standard serving size of the same food onto another plate or bowl. Compare the two plates. Ask yourself how many standard servings go into the portion you normally eat. If your weight is satisfactory, you are probably eating the right number of servings to meet your energy needs. If you are overweight, the first thing you should consider is reducing the number of standard servings in your regular portions.

Decrease your portion size gradually so that you will be less likely to notice the change. Even small reductions add up to substantial differences.

Remember, maintaining the right proportion of plant foods to animal foods is important to your long-term health. So reduce the portion sizes on your plate, but maintain the two-thirds to one-third proportion.

A fad diet that has not stood up to rigorous scientific testing is no way to lose weight. Obesity became an epidemic in this country at the same time portion size grew enormous. It is likely you can reach a healthy weight on your own by simply reducing the size of the portions you eat and exercising more. If you still do not see your weight gradually moving in a healthy direction, contact your doctor or a registered dietitian for a more individualized plan.

Recipes for One-Pot Meals

All of the recipes that follow reflect the standards of the New American Plate. That is, their ingredients include two-thirds (or more) plant foods and one-third (or less) animal protein. Furthermore, the number of servings noted at the end of each recipe correspond to the standard serving sizes listed on page 10. That means the servings may be smaller than most people are accustomed to. Now, as suggested previously in this brochure, you can decide how many servings go into the portion you choose to eat.

Each of these recipes is a meal in itself. You may, however, consider serving the hot dishes with a salad to add some healthy crunch to the meal. Whole grain bread could accompany these dishes and some of the salads, too. Round off the meal with fresh fruit for dessert.

Salads

Corn and Quinoa Salad with Chicken

Quinoa is a protein-rich, mild-tasting grain that cooks quickly. This colorful salad keeps well overnight.

- 1/2 cup quinoa, well rinsed and drained
- 1 1/4 cups cold water
- 1 cup canned corn, drained (see note)
- 1 cup (3 oz.) roasted or grilled chicken breast, cut in 1/2-inch pieces
- 1 medium tomato, seeded and chopped
- 1/2 cup finely chopped red onion
- 1 small jalapeno pepper, seeded and minced (optional)

- 1/2 cup lightly packed fresh cilantro leaves, chopped
- Juice of 1 orange
- 1/2 tsp. ground cumin
- 1 tsp. olive oil
- Salt and freshly ground black pepper, to taste

In medium saucepan, combine quinoa with water. Bring to a boil over medium-high heat. Reduce heat; cover and simmer 20 minutes. Remove from heat. Let stand, covered, 5 minutes.

In medium bowl, combine quinoa, corn, chicken, tomato, onion, jalapeno, if desired, and cilantro. Add orange juice, cumin and olive oil. Toss to coat. Season with salt and pepper, if desired.

Note: If using frozen corn, add to hot quinoa before letting it stand.

Makes 4 servings. Per serving: 195 Calories, 4 g Total Fat (<1 g Saturated Fat), 30 g Carbohydrates, 11 g Protein, 3 g Dietary Fiber, 169 mg Sodium.

Red Bean and Rice Salad

Mango adds tropical flavor to this alternative to the “usual” rice and bean salad.

- 1 1/2 cups cooked brown rice, such as basmati or texmati
- 1 can (15 oz.) red kidney beans, rinsed and drained
- 3/4 cup finely chopped green bell pepper
- 1/2 cup fresh mango, cut in 1/2-inch cubes
- 1/2 cup finely chopped red onion
- 1/2 cup prepared salsa, well drained
- Salt and freshly ground black pepper, to taste
- 2 Tbsp. chopped fresh cilantro for garnish

In large bowl, combine rice, beans, bell

pepper, mango and onion; stir with fork. Stir in salsa. Season with salt and pepper, if desired.

Just before serving, sprinkle with cilantro. This salad is best served the day it is prepared.

Makes 4 servings. Per serving: 209 Calories, 1 g Total Fat (0 g Saturated Fat), 42 g Carbohydrates, 9 g Protein, 10 g Dietary Fiber, 375 mg Sodium.

Southwestern Black Bean Salad

Barley gives this bright salad a new twist. If Monterey Jack cheese is not available, try reduced-fat Cheddar instead.

- 1 ¼ cups water
- ⅓ cup pearl barley
- Salt, to taste
- 1 can (15 oz.) black beans, rinsed and drained
- 1 small yellow bell pepper, chopped
- 1 small tomato, seeded and chopped
- 1 small zucchini, chopped
- 1 cup diced jicama (optional)
- 3 oz. pepper or plain Monterey Jack cheese, cut in ⅜-inch cubes
- 1 medium scallion (green and white part), chopped
- ½ tsp. dried oregano
- Juice of ½ lime
- Freshly ground black pepper, to taste

In medium saucepan, bring water to a boil. Add barley and ½ teaspoon salt, if desired. Reduce heat; cover and simmer until barley is tender, about 20 minutes. Drain well.

In large bowl, combine barley, beans, bell pepper, tomato, zucchini, jicama, if desired, cheese, scallion, oregano and lime

juice. Stir with fork. Season with salt and pepper, if desired.

Makes 4 servings. Per serving: 217 Calories, 7 g Total Fat (4 g Saturated Fat), 32 g Carbohydrates, 12 g Protein, 9 g Dietary Fiber, 556 mg Sodium.

Bulgur Salad with Raisins and Pumpkin Seeds

This crunchy variation of tabouleh includes fruit. Add some chickpeas or feta cheese, if you like.

- 1 cup bulgur wheat
- 2 cups boiling water
- 1 large celery rib, finely chopped
- 1 medium green bell pepper, finely chopped
- 1 cup canned chickpeas, rinsed and drained, or ½ cup crumbled feta cheese (optional)
- ½ Granny Smith apple, peeled and finely chopped
- 1 cup loosely packed parsley, chopped
- ⅓ cup raisins
- Juice of 1 small lemon
- 2 tsp. extra virgin olive oil
- Salt and freshly ground black pepper, to taste
- 3 Tbsp. toasted pumpkin seeds, coarsely chopped

Place bulgur in large bowl. Add water. Let stand until bulgur is al dente, about 20 minutes. Drain well in strainer, pressing gently on bulgur to remove most of the moisture. Transfer bulgur to dry serving bowl.

Add celery, bell pepper, chickpeas or cheese, if desired, apple, parsley and raisins. Stir to combine. Add lemon juice and

oil. Toss with fork to coat well. Season with salt and pepper, if desired. Just before serving, toss with pumpkin seeds.

Makes 4 servings. Per serving: 215 Calories, 4 g Total Fat (<1 g Saturated Fat), 44 g Carbohydrates, 6 g Protein, 9 g Dietary Fiber, 28 mg Sodium.

Casseroles

Baked Broccoli and Pasta

Orzo, a rice-shaped pasta, makes this flavorful casserole a favorite of children as well as grown-ups.

- 1 pkg. (15 oz.) or 2 cups frozen chopped broccoli
- 1 small garlic clove, minced
- $\frac{3}{4}$ cup orzo
- $\frac{1}{3}$ cup chopped marinated sundried tomatoes (8-10 halves), drained
- $\frac{1}{2}$ tsp. dried oregano
- 1 can (15 oz.) stewed tomatoes
- 1 $\frac{1}{2}$ cups fat-free, reduced sodium chicken or vegetable broth
- $\frac{1}{2}$ cup (2 oz.) shredded reduced fat Cheddar cheese
- $\frac{1}{2}$ cup plain dry bread crumbs
- Freshly ground black pepper, to taste

Preheat oven to 400 degrees.

Cover bottom of 1 $\frac{1}{2}$ -quart baking dish with broccoli. Sprinkle with garlic, then orzo. Spread sundried tomatoes, oregano and stewed tomatoes with liquid over pasta, breaking up tomatoes slightly with spoon.

In small saucepan, bring broth to a boil. Place baking dish on middle rack in oven. Carefully pour in hot broth. Bake until pasta is almost cooked, 20 minutes.

Sprinkle cheese over casserole. In small

bowl, toss bread crumbs with pepper, if desired. Sprinkle over cheese. Bake until cheese is melted and bread crumbs are crisp, about 5 minutes.

Makes 4 servings. Per serving: 334 Calories, 6 g Total Fat (6 g Saturated Fat), 55 g Carbohydrates, 18 g Protein, 5 g Dietary Fiber, 454 mg Sodium.

Creole Stuffed Peppers

Brown basmati rice keeps these stuffed peppers fluffy and light for a meatless meal that is both tasty and satisfying.

- 4 medium green bell peppers
- 2 cups cooked brown basmati rice
- 1 cup canned pinto beans, rinsed and drained
- $\frac{3}{4}$ cup finely chopped onion
- $\frac{3}{4}$ cup frozen, drained canned or fresh corn kernels
- $\frac{1}{2}$ cup (2 oz.) crumbled feta cheese
- $\frac{1}{2}$ tsp. dried basil
- Salt and freshly ground black pepper, to taste
- 2 tsp. olive oil
- 1 Tbsp. lemon juice

Preheat oven to 375 degrees. Spray 8-inch square baking dish with cooking spray.

Cut tops off the bell peppers and remove seeds. Reserve the tops. If necessary, to help peppers stand firmly, trim a slice off bottom, taking care not to cut through. Set aside.

In large bowl, combine rice, beans, onion, corn, cheese and basil. Season with salt and pepper, if desired.

Spoon filling into bell peppers, packing lightly and mounding tops. Place the peppers in a baking dish and cover with reserved tops. Place baking dish on middle

rack in oven. Carefully add water to baking dish to a depth of 1 ½ inches.

Bake until peppers are soft when pierced with knife, about 45 to 50 minutes. Remove pepper tops and discard. In a small bowl, combine oil and lemon juice. Spoon mixture over peppers. Let stand 20 minutes before serving.

Makes 4 servings. Per serving: 312 Calories, 8 g Total Fat (3 g Saturated Fat), 49 g Carbohydrates, 11 g Protein, 9 g Dietary Fiber, 466 mg Sodium.

Moroccan Couscous with Chicken

Leftovers from this one-pot supper are good the next day, served as a pasta salad.

- 1 large onion, finely chopped
- 1 large carrot, cut in ¾-inch slices
- ½ fennel bulb, cut lengthwise in ½-inch slices, or 1 large celery rib, cut in 1-inch pieces
- 12 oz. skinless, boneless chicken breast, cut in ¾-inch pieces
- ½ cup raisins
- 1 ½ tsp. ground cumin
- 1 tsp. ground cinnamon
- 1 tsp. ground ginger
- ½ - 1 tsp. salt, to taste
- ¼ tsp. freshly ground black pepper, to taste
- 2 ½ cups water
- 1 medium zucchini, cut in ¾-inch slices
- ⅔ cup uncooked couscous

In deep skillet or Dutch oven, combine onion, carrot, fennel, chicken, raisins, cumin, cinnamon, ginger, salt and pepper, if desired. Add water. Bring to a boil over medium-high heat. Reduce heat; cover and simmer 20 minutes.

Add zucchini. Cover and simmer 5 minutes.

Stir in couscous. Cover and simmer 8 minutes. Remove from heat. Let stand, covered, 5 minutes before serving.

Makes 4 servings. Per serving: 295 Calories, 2 g Total Fat (<1 g Saturated Fat), 45 g Carbohydrates, 25 g Protein, 5 g Dietary Fiber, 382 mg Sodium.

Greek Potato and Lamb Casserole with Green Beans

This one-dish dinner also reheats well. Whole grain Italian bread makes a nice accompaniment.

- ½ lb. lean lamb, cut in ¾-inch pieces (see note)
- 1 cup lowfat plain yogurt
- 2 garlic cloves, crushed
- 1 tsp. grated fresh ginger
- 2 tsp. sweet paprika
- ½ - 1 tsp. salt to taste
- ¼ tsp. freshly ground black pepper, to taste
- 1 medium onion, chopped
- 2 medium tomatoes, chopped
- 2 medium yellow-fleshed potatoes such as Yukon Gold, peeled and cut in 1-inch pieces
- ¼ lb. fresh green beans, trimmed and halved crosswise

In bowl, combine lamb, yogurt, garlic, ginger, paprika, and salt and pepper, if desired, until well mixed. Cover and refrigerate 2 to 4 hours.

Preheat oven to 350 degrees.

Generously spray small Dutch oven with cooking spray. Add onion and

Recipe continues on page 22

The New American Plate One-Pot Meals

$\frac{2}{3}$ (or more)
vegetables,
fruits,
whole grains
and beans

$\frac{1}{3}$ (or less)
animal
protein



Start reshaping your diet by looking at your plate. Is the greater proportion of your meal plant-based? Are your portion sizes appropriate to your activity level? All the recipes beginning on page 12 are two-thirds plant-based and allow for more moderate portion sizes.

tomatoes. Sauté over medium-high heat until vegetables are soft, 10 minutes, stirring often.

Spoon mixture over lamb, stirring to combine. (This helps prevent yogurt from curdling during cooking.) Turn lamb mixture into the Dutch oven. Add potatoes and green beans; cover. Bring casserole just to a slow boil.

Transfer pot to oven. Bake until lamb and potatoes are tender, about 45–50 minutes.

Note: Use lamb from the leg or shoulder, trimmed of all visible fat.

Makes 4 servings. Per serving: 216 Calories, 5 g Total Fat (2 g Saturated Fat), 28 g Carbohydrates, 19 g Protein, 4 g Dietary Fiber, 92 mg Sodium.

Stews

Gevetch

This Romanian recipe proves that meatless stews can be hearty and satisfying. If you are missing a vegetable or two, the final product will still be delicious.

- ½ Spanish onion, diced (1 cup)
- 1 large garlic clove, chopped
- 1 medium white-skinned boiling potato, peeled and cut in 1-inch pieces (1 ¼ cups)
- 1 medium sweet potato (8 oz.) peeled, halved and cut in 1-inch pieces
- ¼ medium head green cabbage (6 oz.) cut in 1-inch pieces (1 ½ cups)
- 3 oz. white mushrooms, halved
- 1 bay leaf
- 2 medium carrots, cut in 1-inch pieces (1 cup)

- 1 medium celery rib, cut in 1-inch slices (¾ cup)
- 1 medium green bell pepper, cut in 1-inch pieces (1 cup)
- ½ medium cauliflower, in large florets (about 12–13 florets)
- ½ small eggplant (1 ¼ lb.) peeled and cut in 1-inch cubes (3 cups)
- 1 ¼ cups shelled fresh lima beans or frozen limas (not baby limas)
- ¼ cup coarsely chopped flat-leaf parsley
- 4 oz. fresh green beans, trimmed
- 2 medium tomatoes, seeded and coarsely chopped (2 cups)
- 1 cup tomato juice
- 1 Tbsp. tomato paste
- 1 tsp. paprika
- ½ tsp. dried oregano
- Salt and freshly ground black pepper, to taste

In large Dutch oven, layer vegetables and seasonings in the following order: onion, garlic, white potato, sweet potato, cabbage, mushrooms, bay leaf, carrots, celery, bell pepper, cauliflower, eggplant, lima beans, parsley, green beans and tomatoes.

Dissolve tomato paste and paprika in tomato juice. Stir in oregano. Pour over vegetables.

Cover and bring liquid to a boil over medium-high heat. Reduce heat and simmer until vegetables are tender, about 30 minutes. Season with salt and pepper, if desired. Cool at least 20 minutes before serving.

Makes 8 servings. Per serving: 205 Calories, <1 g Total Fat (<1 g Saturated Fat), 30 g Carbohydrates, 10 g Protein, 10 g Dietary Fiber, 129 mg Sodium.

Chicken Jambalaya

This is a great one-pot dish to serve when you are entertaining. Not only does it taste better a day or two after you prepare this, but it also reheats beautifully in the oven, and holds well on a buffet table.

- 1 Tbsp. olive oil
- 1 medium onion, chopped
- 2-3 garlic cloves, minced
- ¾ lb. skinless, boneless chicken breast, cut in ¾-inch pieces
- 1 can (14.5 oz.) whole plum tomatoes in juice
- 1 rib celery, cut in ½-inch slices
- 1 small green bell pepper, chopped
- 1 scallion, chopped
- 1 Tbsp. tomato paste
- 1 bay leaf
- 1 tsp. dried thyme
- ¼ tsp. dried red pepper flakes
- Pinch of ground cloves
- 1 cup long-grain brown rice, cooked according to package directions

In 3-quart Dutch oven, heat oil over medium-high heat. Add onion and garlic. Sauté until onion is tender, about 4 minutes. Add chicken and cook, stirring, until pieces are white on all sides.

Add tomatoes with liquid, breaking up with spoon. Mix in celery, bell pepper, scallion and tomato paste. Stir in bay leaf, thyme, pepper flakes and cloves. Bring to a boil. Reduce heat and simmer until chicken is cooked and sauce has thickened, about 20 minutes.

Remove bay leaf. Stir rice into chicken mixture and heat through.

Makes 6 servings. Per serving: 235 Calories, 4 g Total Fat (<1 g Saturated Fat), 33 g Carbohydrates, 17 g Protein, 4 g Dietary Fiber, 203 mg Sodium.

Sweet Potato Apple Stew with Turkey

Turkey, sweet potato and cranberries aren't just for Thanksgiving anymore. Enjoy this colorful and delicious stew anytime of year.

- 1 Tbsp. canola oil
- 1 medium onion, chopped
- 1 large carrot, cut in ¾-inch thick slices
- 1 rib celery, cut in ¾-inch slices
- 1 small rutabaga, peeled and cut in 1-inch pieces
- 1 ½ cups fat-free, reduced-sodium chicken broth or vegetable broth
- 1 bay leaf
- 2 Crispin or Red Delicious apples, peeled and cut in 1-inch pieces
- 2 medium sweet potatoes or yams, peeled and cut in ¾-inch half-moon slices
- 2 cups diced cooked turkey breast
- ½ cup fresh, frozen or dried cranberries
- ½ tsp. dried thyme
- Salt and freshly ground black pepper, to taste
- ⅓ cup chopped toasted almonds (optional)

Preheat oven to 375 degrees. In small Dutch oven, heat oil over medium-high heat. Add onion. Sauté until tender, about 4 minutes. Add carrot, celery and rutabaga. Cover tightly and cook over medium-low heat 10 minutes. Add broth and bay leaf; cover.

Transfer to oven. Bake 10 minutes. Add apples and sweet potatoes, turkey, cranberries and thyme. Cover and bake until vegetables are tender and turkey is heated through, 15 to 20 minutes. Remove bay leaf. Season with salt and pepper, if desired.

Sprinkle with almonds, if desired. Serve over brown rice or noodles.

Makes 6 servings. Per serving: 232 Calories, 4 g Total Fat (<1 g Saturated Fat), 32 g Carbohydrates, 17 g Protein, 5 g Dietary Fiber, 98 mg Sodium.

Orange-Braised Tofu with Vegetables

Secrets for the flavor in this stew include firming the tofu until it has the texture of chicken, then browning it as you would meat. This colorful stew cooks in less than 20 minutes. Like all stews, its flavor improves with time and reheating, so making it a day ahead is ideal.

- 16 oz. firm or extra firm tofu (see note)
- 1 Tbsp. toasted sesame oil, divided
- 12 baby carrots, peeled, halved lengthwise
- 1 medium red onion, diced
- 1 medium red bell pepper, diced
- 1 ½ tsp. minced fresh ginger
- 1 garlic clove, minced
- 1 can (6 oz.) orange juice concentrate, defrosted and diluted with 2 cans water
- 1 Tbsp. lime juice
- 1 tsp. lite soy sauce
- 2 tsp. grated orange zest
- 1 ½ tsp. sugar
- ½ tsp. dried basil
- Pinch of dried red pepper flakes (optional)
- 1 cup frozen cut green beans
- 6 ears baby corn, cut in 1-inch pieces
- 1 ½ Tbsp. cornstarch
- Salt and freshly ground black pepper, to taste
- 7 oz. thin rice noodles, soaked according to package directions and well drained

Press tofu (see note).

Spray large nonstick skillet with cooking spray. Heat skillet over medium-high heat. Add 1 teaspoon oil. Add half of tofu. Cook, turning every 2 minutes, until golden, about 10 minutes. Transfer tofu to plate. Repeat with remaining tofu.

Add remaining 1 teaspoon oil to skillet. Add carrots, onion, bell pepper, ginger and garlic. Sauté 2 minutes. Set aside 2 tablespoons of the orange juice mixture. Add remaining orange juice mixture, lime juice and soy sauce to skillet. Stir in tofu, orange zest, sugar, basil and pepper flakes, if desired. Bring to a boil. Reduce heat; simmer about 2 minutes. Add green beans and corn. Cook until beans are almost tender-crisp, about 4 minutes. Mix remaining 2 tablespoons orange juice mixture with cornstarch; stir into stew. Cook on medium-high heat, stirring, until stew is slightly thickened, 1 to 2 minutes. Season with salt and pepper, if desired.

To serve, divide prepared rice noodles among 6 wide shallow bowls. Ladle stew over noodles.

This stew is also good served at room temperature. Refrigerate, tightly covered, up to 3 days. Reheat in a covered pot.

Note: Use the refrigerated tofu sold in a tub or pouch. Do not use silken tofu packaged in a box. To press tofu, cut block horizontally into 2 slabs. Place side-by-side on a cutting board covered with plastic wrap. Place another cutting board on top. Place 2 to 4 heavy cans on the board to weight the tofu evenly. Let stand 45 minutes. Remove tofu. Blot well with paper towels. Cut tofu into ¾-inch cubes. Arrange on a baking sheet covered with paper towels. Cover with

plastic wrap. Pressed tofu can be refrigerated up to 24 hours before using. Blot tofu with paper towels before cooking.

Makes 6 servings. Per serving: 359 Calories, 10 g Total Fat (1 g Saturated Fat), 56 g Carbohydrates, 16 g Protein, 5 g Dietary Fiber, 173 mg Sodium.

Stir-fries

Vegetarian Fried Rice

Chilling or freezing the rice is the secret for avoiding sticky or gummy fried rice.

- 1/3 cup vegetable broth
- 2 Tbsp. black bean sauce (see note)
- 1 tsp. lite soy sauce
- 1 tsp. sugar
- 1/4 tsp. chili oil
- 1/2 tsp. salt (optional)
- 1 Tbsp. canola or peanut oil
- 1 egg, beaten
- 12 fresh snow pea pods, cut lengthwise in three strips
- 10 whole canned water chestnuts, coarsely chopped
- 3 bok choy ribs (white and green parts), cut into 1/2-inch slices
- 1 medium onion, chopped
- 1/3 cup frozen green peas
- 1 large garlic clove, minced
- 1-2 tsp. minced fresh ginger
- 3 cups cooked brown rice, refrigerated or thawed frozen
- Freshly ground black pepper, to taste

In small bowl, combine broth, bean sauce, soy sauce, sugar, chili oil and salt, if desired. Set aside.

In wok, heat oil over high heat. Stir-fry egg, breaking up with fork. Add snow peas, water chestnuts, bok choy, onion and green peas. Stir-fry 2 minutes, until peas are bright green and dark green bok choy is wilted. Transfer mixture to plate. Return wok to the heat.

Stir-fry garlic and ginger just until fragrant, about 10 seconds. Do not let them burn. Immediately add rice, bean sauce mixture and vegetable mixture. Stir-fry just until heated through, 3-4 minutes. Sprinkle with pepper, if desired. Serve hot or lukewarm.

Note: Prepared black bean sauce is sold in the Asian food section of many supermarkets or in Asian markets.

Makes 6 servings. Per serving: 179 Calories, 4 g Total Fat (<1 g Saturated Fat), 30 g Carbohydrates, 5 g Protein, 3 g Dietary Fiber, 102 mg Sodium.

Vegetable Stir-Fry with Chicken

- 1/2 lb. boned, skinless chicken, thinly sliced
- 2 Tbsp. lite soy sauce
- 1 tsp. sugar
- 1 Tbsp. Mirin (Japanese wine - see note)
- 1 tsp. cornstarch
- 2-3 Tbsp. peanut or canola oil
- 3 cups cut-up vegetables, a mix of red, orange and green varieties
- 3 cups cooked rice (preferably brown)

Marinade

- 1/4 cup lite soy sauce
- 1 tsp. sugar
- 1/2 tsp. minced scallion (optional)
- 1 Tbsp. Mirin (Japanese wine - see note)
- 1/4 tsp. minced ginger (optional)

In wide, shallow bowl, mix together

marinade ingredients. Add chicken and set aside to marinate.

Make sauce by mixing together soy sauce, sugar, Mirin and cornstarch until well blended. Set aside.

Drain chicken and pat dry of excess liquid with paper toweling. Discard marinade.

Heat large skillet or wok. Add 1 tablespoon oil and heat until very hot. Add chicken and stir-fry until cooked through. Remove with slotted spoon and set aside.

Using small amounts of oil as needed, add vegetables in batches and stir-fry, starting with those that take the longest to become tender-crisp. Transfer each batch of cooked vegetables to large bowl.

When all vegetables are tender-crisp, combine all food in pan and stir until heated through. Mix sauce and add to pan, stirring until sauce thickens. Remove from heat and serve immediately with steamed rice.

Note: If Mirin is unavailable, replace with 1 Tbsp. chicken broth plus 1 pinch sugar.

Makes 4 servings. Per serving: 353 Calories, 9 g Total Fat (1 g Saturated Fat), 46 g Carbohydrates, 40 g Protein, 5 g Dietary Fiber, 665 mg Sodium.

Singapore Noodles

This curry-flavored dish uses rice noodles also called rice sticks or mi fun.

$\frac{2}{3}$ cup fat-free, reduced sodium chicken broth or vegetable broth

1 Tbsp. oyster sauce or lite soy sauce

1 Tbsp. mild curry powder (see note)

1 $\frac{1}{2}$ tsp. sugar

1 Tbsp. canola or peanut oil, divided

16 medium shrimp, shelled, deveined and cut in halves or thirds

1 garlic clove, chopped

1 tsp. minced fresh ginger

1 $\frac{1}{2}$ cups frozen green peas

$\frac{1}{3}$ cup chopped red onion

1 small red bell pepper, chopped

4 scallions (green part only), cut in 1-inch pieces

4 oz. thin dried rice noodles, broken into 2-inch pieces, soaked according to package directions

In small bowl, combine broth, oyster sauce, curry powder and sugar. Set aside.

In wok or large nonstick skillet, heat 1 teaspoon oil over high heat. Stir-fry shrimp until pink. Transfer to plate.

Heat remaining oil in wok. Stir-fry garlic and ginger just until fragrant, 10 seconds. Add peas, onion, bell pepper and scallions. Stir-fry until vegetables are bright and crisp-tender, 2 minutes. Stir in curry sauce. Add noodles and shrimp. Stir-fry until shrimp are cooked through and dish is moist but not soupy, about 3 minutes. Serve immediately.

Note: Good choices are Madras curry powder sold in the spice section of many supermarkets or Oriental curry powder sold in Asian food markets.

Makes 4 servings. Per serving: 233 Calories, 4 g Total Fat (<1 g Saturated Fat), 37 g Carbohydrates, 10 g Protein, 5 g Dietary Fiber, 208 mg Sodium.

Sweet and Sour Pork Stir-Fry

Serve this stir-fry over brown rice, whole-wheat spaghetti, or some other whole grain for extra texture and nutrition.

12 oz. boneless pork loin, trimmed of all visible fat

- 1 can (8 oz.) pineapple chunks in juice
- 2 Tbsp. Worcestershire sauce
- 1 Tbsp. cornstarch
- ½ tsp. salt, to taste
- ¼ tsp. freshly ground black pepper, to taste
- 1 Tbsp. canola or peanut oil, divided
- 2 cups fresh or frozen broccoli florets
- 1 medium carrot, thinly sliced
- 1 medium onion, cut vertically into ½-inch slices
- 8 ears canned baby corn
- 2 cups bean sprouts
- 1 garlic clove, chopped
- 1 tsp. minced fresh ginger

Freeze pork until firm, about 20 minutes. Cut pork into ¼-inch by 2- or 3-inch strips. Set aside.

Drain juice from pineapple into a small bowl, reserving pineapple. Add Worcestershire sauce and cornstarch to juice. Season with salt and pepper, if desired. Set aside.

In wok, heat 2 teaspoons oil over high heat. Add pork and stir-fry until white. Add broccoli, carrot, onion, corn, bean sprouts and reserved pineapple. Stir-fry until broccoli and carrots are brightly colored, about 2 minutes. Transfer to plate. Set aside.

Add remaining 1 teaspoon oil to wok. Add garlic and ginger. Stir-fry until fragrant, about 10 seconds. Do not let them burn. Stir pineapple juice mixture. Add to wok with meat mixture. Stir-fry until liquid has thickened and meat is cooked through, 2 to 3 minutes. Serve immediately.

Makes 4 servings. Per serving: 293 Calories, 10 g Total Fat (3 g Saturated Fat), 29 g Carbohydrates, 23 g Protein, 5 g Dietary Fiber, 528 mg Sodium.

Other One-Dish Meals

Whole Wheat Fettuccine With Wild Mushroom Sauce

Cut in generous chunks, portabello mushrooms make this sauce meaty and satisfying. It works perfectly without grated cheese.

- 1 Tbsp. olive oil
- ¼ cup minced shallots
- 2 pkg. (6 oz. each) sliced portabello mushrooms, stemmed and cut in ¾-inch pieces
- ½ lb. white mushrooms, stemmed and thinly sliced
- 1 tsp. minced fresh rosemary or ½ tsp. dried, crushed
- 1 cup fat-free, reduced sodium chicken broth or vegetable broth
- 12 oz. whole wheat fettuccine or spaghetti
- 1 Tbsp. capers, rinsed and finely chopped
- Salt and freshly ground black pepper, to taste
- ¼ cup minced Italian parsley

In large skillet, heat oil over medium-high heat. Add shallots. Sauté until soft, 3-4 minutes, stirring occasionally.

Add mushrooms. Sauté until tender and liquid has evaporated, about 8 minutes, stirring occasionally.

Add rosemary and broth. Simmer until two thirds of the liquid has evaporated, 5-8 minutes. The white mushrooms should be very soft and the portabellos still chunky.

Meanwhile, boil water for cooking pasta. Just after adding broth to mushrooms, add pasta to boiling water. Cook according to package directions. Drain well. Transfer pasta to serving bowl or divide among dinner plates.

Stir capers into mushrooms. Season sauce with salt and pepper, if desired. Divide mushroom sauce over pasta. Sprinkle with parsley and serve.

Makes 6 servings. Per serving: 258 Calories, 3 g Total Fat (<1 g Saturated Fat), 48 g Carbohydrates, 11 g Protein, 8 g Dietary Fiber, 82 mg Sodium.

Rice Crust Pizza

A change-of-pace pizza that the whole family will love. Top with additional veggies, if desired, such as broccoli, spinach, and/or canned drained mushrooms.

- 1 Tbsp. olive oil
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- 2 garlic cloves, minced
- 3 cups chopped fresh plum tomatoes
- 2 Tbsp. chopped fresh basil, divided
- 1 ½ tsp. fresh thyme leaves, divided
- ¼ tsp. salt to taste, divided
- Freshly ground black pepper, to taste, divided
- 3 cups cooked Arborio rice
- 1 egg
- ¾ cup shredded reduced fat mozzarella cheese (about 3 oz.)
- 1 Tbsp. grated Romano cheese

Preheat oven to 400 degrees. Spray 11-inch pizza pan or cookie sheet with cooking spray. In medium skillet, heat oil over medium-high heat. Add onions, bell pepper and garlic. Sauté until soft, about 4 minutes. Add tomatoes. Cook, stirring occasionally, until liquid from tomatoes has evaporated, about 12 minutes. Stir in 1 tablespoon basil and 1 teaspoon thyme. Season with ⅛ teaspoon salt and pepper, if desired.

Combine rice with egg and remaining basil and thyme. Season with remaining salt and pepper, if desired. Mound rice in center of prepared pan. Cover rice with plastic wrap. Using your fingers, pat and shape rice into 10 ½-inch circle about ½-inch thick, making a rim around edge. Lift away plastic wrap.

Sprinkle half mozzarella over rice. Cover cheese with cooked tomato mixture. Top with remaining mozzarella. Sprinkle Romano cheese over top.

Bake until cheese is bubbly and edge of rice crust is crisp, 15-18 minutes. Serve hot.

Makes 6 servings. Per serving: 196 Calories, 7 g Total Fat (2 g Saturated Fat), 27 g Carbohydrates, 8 g Protein, 3 g Dietary Fiber, 285 mg Sodium.

Spinach and Red Pepper Crustless Quiche

Cold squares of this quiche can be wrapped up to insure a creative brown-bag lunch with a good serving of vegetables.

- 2 large eggs
- 2 large egg whites
- ½ cup lowfat (1%) milk
- 1 pkg. (10 oz.) frozen chopped spinach, thawed and squeezed dry
- ½ cup fresh dill sprigs, chopped or ½ cup chopped scallions
- ¼ tsp. freshly ground black pepper, to taste
- Pinch of salt, to taste
- 2 slices reduced fat Swiss or Jarlsberg cheese
- 1 medium red bell pepper, seeded, roasted or half 7 oz. jar roasted peppers, drained, cut into strips

Preheat oven to 375 degrees. Spray 8-inch square baking dish with cooking spray.

In bowl, whisk together eggs, egg whites and milk. Add spinach, dill, pepper and salt, if desired. Stir to combine well and pour into baking dish.

Arrange cheese to cover spinach mixture. Lay roasted pepper over cheese in one layer, pressing down gently so some of egg mixture flows up over cheese.

Bake until quiche is lightly puffed and browned on bottom, about 30 minutes. Run a sharp knife around edges. Let stand 15 minutes before cutting into squares and serving.

Makes 4 servings. Per serving: 108 Calories, 4 g Total Fat (1 g Saturated Fat), 7 g Carbohydrates, 12 g Protein, 3 g Dietary Fiber, 174 mg Sodium.

Texas Skillet Dinner

Halfway between chili and Sloppy Joes, this mixture can be frozen in individual portions to reheat in the microwave for a quick meal.

- 1 Tbsp. canola oil
- 1 medium onion, chopped
- 2 medium carrots, finely chopped
- 2 garlic cloves, minced
- 8 oz. ground turkey breast
- 1 can (15 oz.) pinto or kidney beans, rinsed and drained
- 1 can (15 oz.) or 2 cups canned diced tomatoes with juice
- 1/3 cup smoke-flavored barbecue sauce
- 6 whole grain hamburger buns, split and toasted

In medium skillet, heat oil over medium-high heat. Add onion and carrot. Sauté

until onion is just tender, 4 minutes. Add garlic and cook 1 minute.

Add turkey to skillet. Cook until meat is white, mashing firmly with spoon to break up, about 5 minutes.

Add beans. Drain tomatoes, reserving liquid in measuring cup. Add tomatoes to skillet. Add enough water to tomato liquid to make 1 cup. Add to skillet. Mix in barbecue sauce. Simmer until liquid is reduced by one third, about 30 minutes.

To serve, place bun on each of 6 plates, cut-side up. Spoon mixture over buns.

Makes 6 servings. Per serving: 287 Calories, 8 g Total Fat (1 g Saturated Fat), 38 g Carbohydrates, 15 g Protein, 6 g Dietary Fiber, 806 mg Sodium.

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