

Around the World In 5 Dishes

Cancer Prevention Cooking Demonstration

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Presented by OSF Dietetic Interns

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Greek Salmon with Tzatziki
Filipino Lumpiang Sariwa
Italian White Bean Caprese Salad
Mexican Enchilada Casserole
Indian Red Lentil Curry



Filipino Lumpiang Sariwa

Ingredients

Makes 10 servings

Filling

1 cup uncooked chicken, cubed
3 cloves garlic, minced
1 onion, chopped
1 ½ cups carrots, thinly sliced
1 cup green beans, cut diagonally
1 cup jicama, thinly sliced
1 ½ cup sweet potato, cubed
1 bunch lettuce
Olive oil
Salt and pepper to taste
Lumpia wrapper (or rice paper)

Sauce

2 cups water
½ cup brown sugar
3 tablespoons soy sauce, reduced sodium
3 tablespoons corn starch
3 tablespoons water
Pinch of salt

Nutrition Facts

Serving Size 1 lumpia
Servings Per Recipe 10

Amount Per Serving	% Daily Value
Calories 170	
Total Fat 3 g	5%
Saturated Fat 1 g	5%
Cholesterol 12 mg	
Sodium 249 mg	10%
Total Carbohydrate 29 g	10%
Dietary Fiber 3 g	12%
Protein 7 g	



Directions:

1. Heat oil in a frying pan. Sauté garlic and onions.
2. Add chicken and cook for about three minutes or until cooked through
3. Add vegetables and stir-fry for about 5-10 minutes. Season with salt and pepper and set aside to cool
4. In a saucepan, bring water and brown sugar to a boil. Add soy sauce and salt. Dilute cornstarch in water and add to sauce to thicken.
5. Place wrapper on a plate and place lettuce leaf in the center of the top of the wrapper. Spoon some filling over the lettuce leaf. Fold bottom of wrapper over lettuce leaf and roll the sides until sealed.
6. Drizzle sauce over lumpia and garnish with crushed peanuts.

Adapted from: <http://www.pinoyhapagkainan.com/lumpiang-sariwa/>

Greek Salmon with Tzatziki

Ingredients

Makes 4 servings

Salmon:

- 4, 6 ounce portions of salmon
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 teaspoon lemon zest
- 1 clove garlic, grated
- 1 tablespoon plain Greek yogurt
- 1 teaspoon oregano
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Tzatziki sauce:

- 1 cup plain Greek yogurt
- 3 tablespoons lemon juice
- 1 clove garlic, minced
- 1 medium cucumber, seeded and diced
- 1 tablespoon dill, finely chopped
- salt and pepper to taste



Directions:

1. Marinate the salmon in the oil, lemon juice, zest, yogurt, garlic, oregano, salt, and pepper for 20 minutes before placing on a baking dish.
2. Bake at 400°F until the salmon just starts to flake easily, about 10 minutes.
3. While salmon is baking, mix Greek yogurt, lemon juice, garlic, cucumber, dill, salt, and pepper together in a small bowl.
4. Remove salmon from oven and serve topped with the tzatziki sauce.

Nutrition Facts	
Serving Size 1 portion salmon	
Servings Per Recipe 4	
Amount Per Serving	% Daily Value
Calories 343	
Total Fat 16 g	25%
Saturated Fat 3 g	15%
Cholesterol 92 mg	
Sodium 443 mg	18%
Total Carbohydrate 6 g	2%
Dietary Fiber 0 g	0%
Protein 44 g	

Adapted from: www.closetcooking.com

Italian White Bean Caprese Salad

Ingredients

Makes 6 servings

- 1 - 15 ounce can Great Northern (or White Kidney) beans, drained and rinsed
- 2 cups cherry tomatoes, quartered
- 1 ½ ounce fresh mozzarella, cut into 1-in cubes
- 1 garlic clove, finely minced
- ¼ teaspoon salt
- Freshly ground black pepper
- 10 fresh basil leaves, chopped
- 2 teaspoons olive oil
- 2 teaspoons balsamic glaze

Nutrition Facts

Serving Size ¾ cup
Servings Per Recipe 6

Amount Per Serving	% Daily Value
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Calories 195	
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Total Fat 8 g	12%
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Saturated Fat 1 g	5%
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Cholesterol 4 mg	
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Sodium 134 mg	6%
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Total Carbohydrate 18 g	6%
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Dietary Fiber 4 g	16%
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Protein 7 g	
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Directions:

1. In a large bowl, combine beans, tomatoes, basil, mozzarella, garlic, salt, and pepper.
2. Drizzle with olive oil and finish with balsamic glaze

Adapted from: <http://www.skinnytaste.com/2015/07/white-bean-caprese-salad.html>

Indian Red Lentil Curry

Ingredients

Makes 6 servings

- 2 tablespoon olive oil
- 3 cloves garlic, minced
- 1 teaspoon ginger, minced
- ½ cup carrots, diced
- 3 tablespoons red curry paste
- 1 - 6 ounce can tomato paste
- 2 cups low sodium vegetable broth
- 1 cup water
- 2/3 cup dry red lentils
- 1 tablespoon sweetener (sugar, coconut sugar, maple syrup, brown sugar)
- ½ teaspoon ground turmeric
- 1 teaspoon curry powder
- ½ teaspoon cumin
- ¼ teaspoon chili powder



Directions:

1. Thoroughly rinse lentils in a fine mesh strainer and set aside.
2. Heat a large skillet over medium heat. Once hot, add oil, garlic, ginger, and carrots. Sauté for 2 minutes, stirring frequently.
3. Add curry paste and sauté for 2 more minutes, stirring frequently.
4. Add tomato paste, vegetable broth, and water and stir to combine. Then add lentils, sweetener, turmeric, and stir.
5. Bring to a simmer over medium heat, then reduce heat slightly to low and simmer until lentils are tender (about 20 minutes). Stir frequently and add more vegetable broth as needed if the mixture becomes too thick.
6. Taste and adjust seasonings as needed, adding more turmeric for depth of flavor, sugar for sweetness/flavor balance, or a pinch of salt for saltiness.
7. Serve with brown rice, pita, or naan bread. Garnish with red onion and fresh chopped cilantro

Nutrition Facts

Serving Size 1/2 cup
Servings Per Recipe 6

Amount Per Serving	% Daily Value
Calories 172	
Total Fat 5 g	7%
Saturated Fat 1 g	5%
Cholesterol 0 mg	
Sodium 170 mg	7%
Total Carbohydrate 25 g	8%
Dietary Fiber 6 g	24%
Protein 8 g	

Adapted from: <http://minimalistbaker.com/spicy-red-lentil-curry/>

Mexican Sweet Potato Black Bean Enchilada Casserole

Ingredients

Makes 10 servings

Enchilada filling:

1 medium sweet potato, cubed
1 can of black beans, drained and rinsed
1 tablespoon brown sugar
1 tablespoon ground cumin
1/2 tablespoon olive oil
1/2 cup white onion, chopped
1 - 5 ounce package Queso Fresco, cut in half

Enchiladas:

10 corn tortillas
1/2 cup shredded 2% cheddar cheese
1 recipe Red Chile Enchilada Sauce
Cilantro to garnish



Directions:

1. Preheat oven to 425°F.
2. Heat 2 cups of water in medium sized saucepan and bring to a boil. Add sweet potatoes and cook for 5-10 minutes or until tender. Drain water from sweet potatoes and add black beans to pan. Add brown sugar, cumin, and oil to black bean and sweet potato mixture and set aside.
3. Take queso fresco and grate one half of block into a bowl. Stir in onion.
4. Pour 1/4 of enchilada sauce mixture in the bottom of a 9x13-inch baking dish. Layer 5 tortillas on the bottom of the baking dish. Add black bean and sweet potato mixture to dish. Next, layer queso fresco and white onion mixture on top. Top with 5 corn tortillas. Pour the remainder of the enchilada sauce over the top, then sprinkle on the cheddar cheese.
5. Bake the enchiladas until they are heated through, about 10 minutes. Turn the heat to broil and cook until the top is golden brown, 3 minutes. Let the enchiladas stand for 10-15 minutes before serving. Garnish with cilantro.

Nutrition Facts	
Serving Size 1/10 dish Servings Per Recipe 10	
Amount Per Serving	% Daily Value
Calories 194	
Total Fat 8 g	12%
Saturated Fat 3 g	15%
Cholesterol 18 mg	
Sodium 400 mg	17%
Total Carbohydrate 22 g	7%
Dietary Fiber 4 g	16%
Protein 9 g	

Red Chile Enchilada Sauce

Ingredients

Dehydrated red chiles
4 cups of water, separated
3 cloves garlic, minced
1 teaspoon oregano
1/2 tablespoon olive oil
Salt to taste

Directions:

1. De-stem dehydrated red chiles and remove seeds from inside, discard stems and seeds (consider wearing gloves).
2. Submerge red chiles in water (about 3 cups of water) and soak for 24 hours or overnight until soft.
3. Drain water from chiles and chop into smaller pieces to place in blender or food processor.
4. Add 1 cup of water and chiles to blender.
5. Add garlic, oregano, and salt to blender.
6. Blend all ingredients together until smooth.
7. Use a fine mesh strainer to strain sauce into a separate bowl. Lastly, stir in 1/2 tablespoon of oil.

