

Sign Up for Healthy E-Meals by the American Institute for Cancer Research

Are you fresh out of meal ideas but don't have time to search for a recipe? Then join the 21,000 people already receiving a weekly e-mail from the American Institute for Cancer Research (AICR) with a delicious, healthy and quick recipe.

The new service from AICR, *Health-e-Recipes*, will deliver to you a range of culinary creations from satisfying one-pot meals to light, flavorful side dishes and appetizers. You might find a dessert idea waiting in your in-box one week, a refreshing drink recipe the next, and an exotic salad the week after that. Recipes for savory yet healthy soups and quick snacks will also find their way to you through cyberspace. Most of the *Health-e-Recipes* are designed with your limited time in mind, and many dishes can be frozen.

Geared toward the season, the recipes offer novel ways to explore the wide array of flavors, textures and colors unique to plant-based foods. *Health-e-Recipes* emphasize vegetables and fruits, because they are naturally loaded with the vitamins, minerals, fiber and other substances that help fight cancer and keep you healthy. Furthermore, these low-calorie recipes have the added benefit of helping you manage your weight.

Log on to www.aicr.org today and sign up to receive free *Health-e-Recipes*.

The following recipe is a sample of what you'll see. It puts a healthful twist on an American staple.

Sweet Potato Chili with Peanuts

2 Tbsp. canola oil
1 onion, chopped
2 peeled carrots, sliced thin
1 green bell pepper, seeded and chopped
2-4 (or more, or none, as desired) peeled garlic cloves
4 cups peeled sweet potatoes, cut in bite-size chunks
1½ cups unsalted roasted peanuts
1 can (28 oz.) crushed tomatoes
1 can (6 oz.) tomato paste
2 cans (4 oz. each) chopped green chiles, with liquid
2-4 Tbsp. chili powder, or according to taste
1 Tbsp. ground cumin, or more if desired
1 Tbsp. sugar
Salt and freshly ground black pepper, to taste
5 cups cooked brown rice (optional)

Place the oil in a large pot over medium heat. Add the onions, carrots and bell peppers, and sauté lightly for approximately 8 minutes. Add the garlic and sauté until it turns golden. Add the sweet potatoes, peanuts, tomatoes, tomato paste, chiles, chili powder, cumin and sugar.

Reduce the heat immediately and simmer gently, stirring occasionally, for 15 to 25 minutes, or until the sweet potatoes are just tender (use a fork to test them). Halfway

through the cooking process, adjust seasonings, adding additional chili powder and cumin, as desired. Add salt and pepper to taste.

The chili may be served alone or over cooked brown rice. Try it with a bit of light sour cream, onions, or reduced-fat cheddar cheese sprinkled on top.

This recipe can be frozen for later use.

Makes 10 one-cup servings. Per serving: 369 calories, 15 g. total fat (2 g. saturated fat), 52 g. carbohydrates, 11 g. protein, 8 g. dietary fiber, 409 mg. sodium.

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