

Cook for Cancer Prevention

By the American Institute for Cancer Research

Hundreds of studies confirm that eating a mostly plant-based diet protects against cancer and other chronic diseases, like heart disease and high blood pressure. To put this protective power from plant foods in your meals, the American Institute for Cancer Research (AICR) advises you to fill two-thirds or more of your plate with vegetables, fruits, whole grains and beans. The other one-third or less of your plate can be lean animal protein.

One way to reach this two-thirds to one-third proportion on your plate is to prepare two vegetable dishes, a whole grain, and a meat dish for your meals. A plate with the ideal proportion of these foods is a new concept for Americans to plan meals with, but it has definite health benefits.

Another way to put together a healthy meal is a one-pot meal, such as a stew, stir-fry, casserole or dinner salad, in which the amount of meat is reduced. This meal would also contain the two-thirds to one-third proportion – plus there's only one pot to wash.

The New American Way to Cook

To help you prepare delicious, homemade meals with a healthy proportion of foods, AICR has published an exciting new cookbook: *The New American Plate Cookbook*. This cookbook has 200 recipes that show you how to cook with vegetables, fruits, whole grains and beans in new and delicious ways.

There are 20 recipes that make vegetables exciting, and 40 recipes for one-pot meals. The other 160 recipes cover soups to desserts. The 80 color photographs in the cookbook will whet your appetite for making the recipes. Good health never looked so appealing. To see how healthy foods can still taste good, try this recipe from *The New American Plate Cookbook*.

Red Pepper, Tomato and Chicken Pilaf

1 2/3 cups quick-cooking brown rice
1 small onion, chopped
1 Tbsp. extra-virgin olive oil
1 can (14.5 oz.) stewed tomatoes
1 can (14.5 oz.) fat-free, reduced-sodium chicken or vegetable broth
1 tsp. paprika
½ tsp. dried oregano
½ tsp. freshly ground black pepper
1 jar (7 oz.) roasted red peppers, drained and chopped
¾ pound skinless, boneless chicken breast cut into 1-inch pieces
1 bay leaf
Salt (optional)
½ cup frozen green peas

Preheat oven to 375 degrees. In 2-quart casserole dish, combine rice, onion, oil, tomatoes, broth, paprika, oregano, black pepper, red peppers, chicken, bay leaf and salt, if

using. Stir, cover and bake 40 minutes. Stir in peas and continue to bake, uncovered, an additional 10 minutes, until all broth is absorbed. Remove bay leaf and serve. Makes 6 servings. Per serving: 229 calories, 4 g total fat (<1 g saturated fat), 32 g carbohydrates, 17 g protein, 3 g dietary fiber, 441 mg sodium.

Published by the University of California Press, The New American Plate Cookbook should be available at bookstores nationwide. Reprinted with permission of the American Institute for Cancer Research.