

Summer Brunch at the Spa

By the American Institute for Cancer Research

You can make your own healthy spa food right at home with these delicious brunch recipes. Have a few friends over and serve the following light and scrumptious dishes, which are full of cancer-fighting foods that are abundant in the summertime.

Salmon and Chive Frittata

Wake up to a delicious frittata that uses healthful salmon with omega-3 fats – they help ward off cancer. You could even use eggs that are enhanced with omega-3 fats to boost this dish's level of these healthy fats even higher. Flavored with bell peppers full of vitamin C and chives, an onion-family vegetable that contains phytochemicals, this delicious dish will please your palate.

2 oz (1/3 of 6 oz. can) salmon
4 whole large eggs
8 egg whites
Nonstick olive or canola oil spray
Salt & pepper to taste
1/3 cup reduced-fat crumbled feta cheese
1/2 medium red pepper, diced
1/2 medium yellow pepper, diced
1/4 cup minced fresh chives

In small bowl, flake salmon using fork. Set aside. In medium bowl, beat eggs. Combine thoroughly with egg whites using wire whisk. Heat large non-stick skillet over medium heat. Coat with oil spray. Pour eggs into skillet and sprinkle with salt and pepper. Cover skillet and cook eggs for 3-4 minutes. When eggs are almost cooked, drop bits of salmon and cheese over top. Sprinkle with peppers and chives. Cover pan and continue to cook about 2-3 minutes until eggs are completely set. Serve immediately.

Makes 4 servings. Per serving: 162 calories, 8 g total fat (3 g saturated fat), 4 g carbohydrates, 18 g protein, <1 g dietary fiber, 434 sodium.

Oatmeal Peach Muffins

These perfectly moist muffins are packed with nutritious cancer-fighting ingredients. The peaches lend a sunny flavor, while the oats and whole-wheat flour contain phytochemicals and give you more fiber than most single slices of whole grain toast. Canola oil is a healthy fat and even the cinnamon contains health-promoting properties.

Streusel Mix:

3 Tbsp. packed dark brown sugar
2 Tbsp. unbleached all-purpose flour
1 tsp. cinnamon
1 Tbsp. canola oil

Muffins

Non-stick olive or canola oil spray
1 cup old fashioned rolled oats
1 ½ cups whole-wheat pastry flour
2 tsp. baking powder
½ t salt
2 large eggs
½ cup sugar
¾ cup skim milk
6 Tbsp. unsweetened applesauce
2 Tbsp. canola oil
1 tsp. vanilla
1 cup chopped firm but ripe peaches
(or substitute frozen & thawed peaches)

Preheat oven to 400 degrees. Coat 12-cup muffin tin with oil spray and set aside. In small bowl combine all streusel mix ingredients and set aside.

In large bowl, mix oats, flour, baking powder and salt. In separate bowl, whisk eggs with sugar. Whisk in milk, applesauce, oil and vanilla. Pour over dry ingredients. Mix just until combined. Gently fold in peaches.

Spoon batter into prepared tins. Top each with streusel mix. Bake 20 to 25 minutes or until toothpick inserted comes out clean. Remove from oven and cool in pan for 5 minutes then remove from pan and transfer to wire rack to continue cooling.

Makes 12 muffins. Per muffin: 191 calories, 5 g total fat (<1 g saturated fat), 33 g carbohydrates, 4 g protein, 3 g dietary fiber, 184 mg sodium.

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