



World
Cancer
Research
Fund



ENJOY GREENS

meals that make veg the star

Dear supporter,

Thank you for choosing World Cancer Research Fund's cookbook, Enjoy Greens.

Did you know that eating well and being a healthy weight are two of the most important ways of reducing your cancer risk?

We recommend filling at least three-quarters of your plate with plant-based foods like vegetables, fruits, wholegrain foods and pulses (like beans, peas and lentils).

Our cookbooks and health information publications aim to support you in making lifestyle choices so you can live a healthy, cancer-free life.

The recipes in this cookbook have been designed to follow World Cancer Research Fund's Cancer Prevention Recommendations (see page 16) and to show you how easy and delicious it can be for you to follow them too. Each recipe offers you alternative serving suggestions, meaning you can tailor the dish to suit every taste and every occasion.

We hope you enjoy the recipes in this cookbook. Please share them with your family and friends, and help spread our cancer prevention message – together, we can!

Yours faithfully,

A handwritten signature in black ink that reads "Marilyn Gentry". The signature is written in a cursive style with a long horizontal flourish extending to the right.

Marilyn Gentry

Founder

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Nutrition information: Our nutrition information is calculated by qualified nutritionists and is based on readily available products that contain the lowest possible amount of salt, fat and sugar. This information is to be used as a guide and may vary depending on what products you use. Try to choose foods that contain no added salt or sugar, and opt for low or reduced-fat, salt and sugar versions where possible. If you adjust the recipes using our top tips, the nutrition information will no longer be accurate.

* Asparagus and Healthier Hollandaise *

with poached egg and a breakfast muffin

Ingredients (serves 2):

3 tablespoons fat-free Greek yoghurt

1 egg yolk

1 teaspoon lemon juice

200g asparagus, snap off woody bases

200g spinach

2 teaspoons white wine vinegar

2 medium eggs

2 wholemeal breakfast muffins, cut in half

½ teaspoon Dijon mustard

2–3 sprigs fresh tarragon or dill

Method:

In a heat-proof bowl, whisk together the Greek yoghurt, egg yolk and lemon juice. Place the bowl over a small saucepan of simmering water and cook for about 10 minutes, stirring occasionally, until the sauce thickens.

While the sauce thickens, steam the asparagus over a deep saucepan, filled two-thirds with boiling water, for 2–3 minutes. Add the spinach and cook for a further minute. Remove the steamer and place on a heat-proof plate to drain. Bring the water in the saucepan to a vigorous simmer, for poaching the eggs.

Add the vinegar to the simmering water and stir with a wooden spoon handle to create a whirlpool. Crack one egg into a small bowl and tip it slowly into the whirlpool, egg yolk first. Cook for 2–4 minutes. Remove with a slotted spoon and place on a piece of kitchen roll. Recreate the whirlpool using the same water, and repeat.

Toast the muffin halves, and place on the serving plates. Add the cooked vegetables to the plate and place the poached eggs on top.

Remove the thickened sauce from the heat. Stir through the mustard and tarragon or dill, and spoon over the poached eggs.

Alternatives:

Serve the sauce and vegetables with grilled or poached salmon or chicken (use 240g raw for this recipe) and steamed new potatoes (8 medium-sized).





Broad Bean, Mint and Feta Salad

with quinoa

Ingredients (serves 2):

80g dried quinoa
.....
160g broad beans, fresh (podded)
or frozen
.....
4 large mint leaves, finely chopped
.....
2 tablespoons lemon juice
.....
2 tablespoons balsamic vinegar
.....
2 teaspoons olive oil
.....
Freshly ground black pepper, to taste
.....
100g rocket
.....
100g baby spinach, roughly
chopped
.....
30g Feta cheese, cubed
.....

Method:

Rinse the quinoa under cold water, then add to a saucepan with 400ml of water. Bring the water to the boil, reduce to a low heat and cover, leaving to simmer for 10–15 minutes, until the grains are tender and start to unwrap.

While the quinoa simmers, add the broad beans to a saucepan of boiling water, and cook for 2 minutes (4 minutes for frozen broad beans). Drain, refresh under cold water, drain again then pop the beans out of their thick, pale skins (optional).

Add the mint, lemon juice, balsamic vinegar, olive oil and black pepper to an empty jam jar or tight-sealing pot. Put the lid on and shake vigorously to make the salad dressing.

Once the quinoa is cooked, drain off any remaining water, and split between two plates. Add half the rocket, spinach and broad beans to each plate, and drizzle over the dressing.

Top with the Feta cheese, and serve.

Alternatives:

Instead of serving with quinoa, other healthy options include cous cous (wholegrain if available), bulgur wheat and pearl barley. Use 80g (dried) in this recipe.





Courgette and Pepper Ratatouille

with white fish, greens and new potatoes

Ingredients (serves 4):

- 1 large courgette, cut into 1cm thick circles
- 2 teaspoons olive oil
- 1 medium red onion, thinly sliced
- 2 cloves garlic, finely diced
- 1 yellow pepper, cut into strips
- ½ teaspoon dried oregano
- 1 x 400g can good quality plum tomatoes, drained (keep the juice) and cut into quarters
- Freshly ground black pepper, to taste
- Handful basil, roughly chopped
- 4 skinless white fish fillets (about 150g per fillet)
- 16 egg-sized new potatoes
- 320g fine green beans, trimmed

Method:

Place the courgette slices on a baking tray and cook under a medium grill for 6–8 minutes on each side, until lightly browned. Remove from under the grill and put to one side until needed.

Heat the oil in a saucepan, over a medium heat. Add the onion and garlic and stir for 2–3 minutes. Then add the pepper and oregano and stir for another 3 minutes, until the peppers start to soften.

Add the courgette and tomatoes and season with black pepper. Mix thoroughly, adding 1–2 tablespoons of tomato juice. Cook for 4–5 minutes, until heated through and all the vegetables are tender.

Remove from heat. Add the basil and stir through. Cover until needed.

Preheat the oven to 180°C/Fan 160°C. Wrap the fish in a loose foil parcel with a tablespoon of water. Place on a baking tray in the oven for 12–15 minutes, until the fish is cooked through (opaque).

While the fish cooks, steam the potatoes over simmering water for about 7 minutes. Then add the green beans to the steamer and cook for a further 8–10 minutes.

Reheat the ratatouille if necessary, before serving.

Alternatives:

Swap the white fish for prawns (500g raw (grey) or 400g cooked (pink)) or chicken or turkey (500g raw).

For a meat-free alternative, stir in two 400g cans (drained) of beans, such as butter beans, when you add the courgette and tomatoes.

You can also swap the new potatoes for brown rice or pasta (240g dried).





Moroccan-Spiced Butternut Squash, Pomegranate and Spinach

with chickpeas

Ingredients (serves 4):

1 tablespoon oil

1 butternut squash (about 1kg),
peeled and cut into 2.5cm cubes

1 medium red onion, peeled and
cut into quarters

2 teaspoons Ras el Hanout spice
mix

2 x 400g cans chickpeas, drained

1 teaspoon ground cumin

2 tablespoons orange juice

250g spinach

100g pomegranate seeds

Handful fresh coriander

Freshly ground black pepper, to
taste

Method:

Preheat the oven to 200°C/Fan 180°C. Pour the oil into a roasting tin, and heat in the oven for 2 minutes. Remove the tin from the oven, add the butternut squash and onion, and toss. Sprinkle the Ras el Hanout over the vegetables. Toss again and return to the oven for about 40 minutes, until the squash is soft and golden brown.

Warm the chickpeas in a non-stick saucepan over a medium heat for 1–2 minutes. Sprinkle the cumin over the chickpeas, and then add the orange juice. Cook for 5 minutes. Stir through the spinach and cook for a further 1–2 minutes, until the spinach has wilted.

Remove the squash and onion from the oven. Pour the chickpeas and spinach into the roasting tin and mix thoroughly. Then stir through the pomegranate seeds and coriander, season with black pepper, and serve.

Alternatives:

You could reduce the amount of chickpeas to one can and add some diced chicken or lean lamb (120g raw) – the meat may take slightly longer to cook and you may need to add a small amount of oil to the pan before cooking to prevent it from sticking.



* While the butternut squash in this recipe counts as more than one of your 5 A DAY portions, it is worth remembering that consuming a variety of vegetables and fruit is important.





Mushroom Stroganoff

with turkey and sweet potato



Ingredients (serves 2):

- 2 medium sweet potatoes, rinsed
- 2 teaspoons olive oil
- ½ medium onion, finely diced
- 1 green pepper, cut into strips
- 1 clove garlic, finely diced
- 240g skinless turkey, diced
- 160g mushrooms (mixed), sliced
- 1 teaspoon smoked paprika
- ½ teaspoon Dijon mustard
- 150ml reduced-salt vegetable stock (made by dissolving a reduced-salt stock cube in the volume of hot water instructed on the packet)
- 2 tablespoons fat-free Greek yoghurt
- Handful fresh parsley, roughly chopped
- Freshly ground black pepper, to taste

Method:

Preheat the oven to 200°C/Fan 180°C. Pierce the sweet potato skins, and cook in the oven for about 30–45 minutes, until soft.

While the sweet potatoes cook, warm the oil in a large frying pan over a medium heat. Cook the onion and pepper for about 5 minutes, stirring frequently, until soft.

Add the garlic and cook for a further minute. Then add the turkey, mushrooms and paprika. Mix thoroughly. Cook for about 5 minutes until the turkey has browned on all sides.

Dissolve the mustard in the stock, and then pour slowly into the pan. Bring to the boil, and then reduce the heat to simmer for 7–8 minutes, until the turkey is cooked through (no pink meat remains).

Remove from the heat before stirring through the Greek yoghurt, parsley and black pepper.

Remove the sweet potatoes from the oven and carefully cut in half. Serve topped with the stroganoff – there is no need for butter.

Alternatives:

Instead of turkey, add lean beef (240g uncooked) or tofu (200g). If using a block of tofu, remove some of the water content before cooking by placing it on kitchen roll and pressing under a heavy object like a wooden chopping board. Then cut into bite-size pieces and cook as instructed for the turkey, reducing the simmering time to 3–4 minutes. Sweet potatoes can be swapped for wild or brown rice (80g dried).



* While the sweet potato in this recipe counts as more than one of your 5 A DAY portions, it is worth remembering that consuming a variety of vegetables and fruit is important.



♥ ♥ ♥ Thai Aubergine Curry ♥ ♥ ♥

with chicken and rice

Ingredients (serves 4):

240g dried basmati and wild rice mix

For curry paste:

1 stalk lemongrass, trimmed, outer layers removed and sliced

1 teaspoon coriander seeds

1–3 green chillies, halved (remove seeds for milder result)

2 shallots, diced

2 cloves garlic, finely diced

2.5cm root ginger, finely chopped

Handful fresh coriander (stalks and leaves), roughly chopped

1 tablespoon lime juice

1 tablespoon reduced-salt soy sauce

For curry:

Spray oil

1 x 400g can reduced-fat coconut milk

4 skinless chicken breasts, diced (about 500g)

1 aubergine, diced

200g mange tout

200g baby sweetcorn, halved

1 red pepper, cut into strips

1 heaped teaspoon cornflour, dissolved into 1 tablespoon water

Method:

Grind the lemongrass and coriander seeds using a pestle and mortar, if you have one. Transfer into a food processor with the remaining curry paste ingredients. Keep blending until a paste has formed.

Coat a frying pan with spray oil, and place over a high heat. Add the curry paste and cook for about a minute, stirring continuously. Pour the coconut milk into the pan and mix, dissolving the curry paste into the milk.

Bring the coconut milk to boil, and then add the chicken. Reduce the temperature, so the milk is gently simmering, and cook for 8 minutes.

While the curry cooks, put the rice on to boil, as instructed on the packaging.

Add the vegetables to the curry and simmer for 4–5 minutes, until the vegetables are tender. Add the dissolved cornflour to thicken the sauce and cook for a further 1 minute.

Drain the cooked rice and divide between four bowls, and serve with the curry.

Alternatives:

Instead of chicken, try this recipe with tofu (400g - see instructions on page 10) or prawns (500g raw (grey)) – remember to reduce the cooking time.

The curry can also be served with brown rice instead of wild rice.





Spiced Apple and Blackberry Cranachan

Ingredients (serves 2):

3 teaspoons reduced-fat spread, suitable for baking

1 medium eating apple, cored and cut into 1cm cubes

½–1 teaspoon cinnamon

2 teaspoons golden caster sugar

30g porridge oats

120g fat-free vanilla yoghurt*

2 tablespoons fat-free Greek yoghurt

½ lemon, zest and juice

150g blackberries, fresh or frozen (defrosted)

Method:

Melt 1 teaspoon of spread in a small saucepan, over a medium heat. Add the cubes of apple, and sprinkle with the cinnamon and 1 teaspoon of sugar. Cook for 3–4 minutes, stirring regularly, until the apple is soft and golden brown. Add a splash of water if needed.

Remove from the heat and place the spiced apple in a bowl to cool.

In the same pan, melt the rest of the spread. Then add the oats and the rest of the sugar. Cook for about 5 minutes, until the oats start to brown.

Spread the oats over a piece of baking paper and leave to cool.

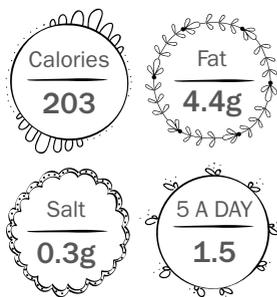
Put the vanilla yoghurt, Greek yoghurt and lemon zest and juice into a bowl, and mix thoroughly.

Set a couple of blackberries aside for decoration. Layer the blackberries and spiced apple with the oats and the yoghurt mix.

Decorate with the remaining blackberries and serve.

Alternatives:

The spiced apple could be used as a pancake filling or on porridge or muesli, for breakfast.



* Try to pick a variety of fat-free vanilla yoghurt that contains less than 8g sugar per 100g. Alternatively, swap it for fat-free natural yoghurt with 3 drops of vanilla extract.



Cancer Prevention Recommendations



Be a healthy weight

Keep your weight within the healthy range and avoid weight gain in adult life



Be physically active

Be physically active as part of everyday life – walk more and sit less



Eat a diet rich in wholegrains, vegetables, fruit and beans

Make wholegrains, vegetables, fruit, and pulses (legumes) such as beans and lentils a major part of your usual daily diet



Limit consumption of 'fast foods' and other processed foods high in fat, starches or sugars

Limiting these foods helps control calorie intake and maintain a healthy weight



Limit consumption of red and processed meat

Eat no more than moderate amounts of red meat, such as beef, pork and lamb. Eat little, if any, processed meat



Limit consumption of sugar-sweetened drinks

Drink mostly water and unsweetened drinks



Limit alcohol consumption

For cancer prevention, it's best not to drink alcohol



Do not use supplements for cancer prevention

Aim to meet nutritional needs through diet alone



For mothers: breastfeed your baby, if you can

Breastfeeding is good for both mother and baby



After a cancer diagnosis: follow our Recommendations, if you can

Check with your health professional what is right for you

Not smoking and avoiding other exposure to tobacco and excess sun are also important in reducing cancer risk.

Following these Recommendations is likely to reduce intakes of salt, saturated and trans fats, which together will help prevent other non-communicable diseases.

About us

World Cancer Research Fund is the leading UK charity dedicated to the prevention of cancer. Our mission is to champion the latest and most authoritative scientific research from around the world on cancer prevention and survival through diet, weight and physical activity so that we can help people make informed lifestyle choices to protect themselves against cancer.

Currently, one in two people born in the UK after 1960 will develop cancer at some point in their lives, but around 40 per cent of cancer cases could be prevented. By following our Cancer Prevention Recommendations, choosing not to smoke (or giving up smoking) and being safe in the sun, you will have the best chance of living a life free from the disease.

The cornerstone of our research programme is our Continuous Update Project (CUP). It's the world's largest source of scientific research on cancer prevention and survival through diet, weight and physical activity. A panel of world-renowned independent experts review the scientific research to develop Cancer Prevention Recommendations based on the best evidence. Find out more: wcrf-uk.org/our-research

Contact us

We're always looking for ways to improve the information we provide. If you have any comments or suggestions about any aspect of this booklet or our other health information, please contact us at resources@wcrf.org with your feedback.



For any enquiries or to request the information
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