



10 FAVORITE RECIPES

If there ever was a time to get the proper nutrition, it's when you're battling cancer! Before I got sick, I was like many other people. I ate the **Standard American Diet** (SAD) when growing up, and later when I started running and working out at the gym, my idea of eating healthy was grazing the local salad bars. I didn't have a clue as to what foods my body badly needed.

But after I was nearly taken out by cancer, not only did I discover how important it is to eat right, but I became a pretty good cook in the process! And if I can do it, you can, too! Here are ten of my favorite **cancer-fighting recipes**... carefully chosen with you in mind. Each ingredient has a specific purpose. I think you'll find the dishes surprisingly tasty. Don't just live to eat, eat to live!



James Templeton

**I learned how to cook
over 30 years ago when
I got sick.**

If I can do it... you can, too!

ZESTY LENTILS WITH KALE AND LEMON

Please be sure to select organic ingredients if at all possible. They not only contain fewer toxins, but they're higher in nutrient value, too!

INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 2 shallots, diced
- 1 carrot, diced
- 3 cloves garlic, minced
- 4 thyme sprigs
- 1/2 teaspoon sea salt
- 1 1/4 cups green lentils
- 3 cups organic chicken bone broth
- 1 bunch organic lacinato kale*, stems removed and leaves roughly chopped
- 1 lemon, zested and juiced



INSTRUCTIONS

- Heat olive oil in a skillet over medium heat. Add shallots and carrot, stirring until softened, about 4 minutes. Add garlic, thyme and salt; cook and stir for about 1 minute.
- Stir lentils and chicken bone broth into shallot mixture. Cover and simmer until lentils are tender, about 40 minutes. Add kale, lemon zest and juice; cook until kale is wilted, about 5 minutes. Season with salt to taste.

*Lacinato kale is also known as Tuscan kale, Tuscan cabbage, Italian kale, dinosaur kale, black kale, flat back cabbage, palm tree kale, or black Tuscan palm. If you can't find one of these varieties, substitute your favorite variety of kale. Lacinato kale is more tender than curly and red kale, making it a good candidate for this dish.

DID YOU KNOW? | Kale is called a superfood for a reason. Not only does it contain powerful antioxidants, calcium, vitamins A, C, and K, cooked kale offers more iron per ounce than beef!

INDIAN DAHL WITH SPINACH

INGREDIENTS

- 1 1/2 cups organic red lentils
- 3 1/2 cups water
- 1/2 teaspoon sea salt
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon chili powder
- 1 lb. fresh organic spinach, rinsed and chopped
- 2 tablespoons organic butter or ghee
- 2 shallots, chopped
- 1 teaspoon ground cumin
- 1 teaspoon mustard seed
- 1 teaspoon garam masala*
- 1/2 cup organic coconut milk



INSTRUCTIONS

- Rinse lentils and soak for 30 minutes.
- In a large saucepan, bring water to a boil and stir in salt, lentils, turmeric and chili powder. Cover and return to a boil, then reduce heat to low and simmer for 15 minutes. Stir in the spinach and cook for 5 minutes or until lentils are soft. If necessary, add more water.
- In a small saucepan, melt butter or ghee over medium heat and saute shallots with cumin and mustard seeds, stirring often. Cook until shallots are transparent, then combine with lentils. Stir in garam masala and coconut milk and cook until heated through.

**DID
YOU
KNOW?**

*Garam masala is a blend of ground spices used extensively in Indian cuisine. Garam masala typically includes coriander, cumin, cardamom, cloves, black pepper, cinnamon, and nutmeg.

MUSHROOM **BARLEY SOUP**

INGREDIENTS

- 2 ounces dried shiitake mushrooms
- 1 tablespoon extra virgin olive oil
- 1 lb. crimini mushrooms, cut into 1/2 inch pieces
- 2 large organic carrots, chopped
- 2 organic leeks OR 6 organic shallots, chopped
- 6 cups vegetable stock
- 1/2 cup pearl barley, rinsed
- 6 tablespoons slivered, toasted almonds



INSTRUCTIONS

- Soak shiitake mushrooms in 1/4 cup stock for 20 minutes. Drain.
- Heat oil in a large pot over medium-low heat and add shiitake and crimini mushrooms, carrots and leeks. Cook until leeks / shallots are translucent.
- Add remainder of vegetable stock and bring to a boil. Add barley and adjust heat to low temperature, and cover.

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ROASTED SALMON

MAKES 4 SERVINGS

INGREDIENTS

- 3 tablespoons extra-virgin olive oil
- 4 (wild-caught) salmon fillets, 5 ounces each
- Sea salt and pepper to taste
- 2 tablespoons fresh dill, chopped
- 1 tablespoon maple syrup*
- 8 shallots, thinly sliced
- 2 tablespoons rice vinegar
- 2 tablespoons slivered almonds, toasted



INSTRUCTIONS

- Preheat oven to 400 degrees F. Oil a baking dish with 1 tablespoon olive oil.
- Arrange salmon in center of dish and season to taste; then sprinkle with 1 tablespoon chopped dill.
- Roast until salmon is opaque in the center, about 10 minutes.
- Place 2 tablespoons oil in a medium pan over medium heat, and sauté shallots until translucent.
- Add rice vinegar. Stir until mixture caramelizes. Set aside.
- Transfer salmon to serving dishes, top with sauce from pan, and garnish with slivered almonds and the remaining dill.

DID YOU KNOW?

*Use real, not imitation maple syrup. Real maple syrup, made from the sap of sugar maple trees, contains potassium, calcium, iron, magnesium, manganese, and zinc. Imitation maple syrup may contain high fructose corn syrup, artificial colors and flavorings, and food preservatives — all the wrong things when you're fighting cancer!

SAUCY RED CABBAGE

MAKES 4 SERVINGS

INGREDIENTS

- 4 tablespoons sesame oil
- 1 teaspoon anise seeds, toasted
- 2 organic leeks, thinly sliced
- 1 1/2 lbs. organic red cabbage, thinly sliced
- 1/4 cup filtered water
- 2 tablespoons dried cranberries
- 1/2 cup rice vinegar



INSTRUCTIONS

- Heat oil in a large skillet over medium heat. Add anise seeds and toast for 1 minute or less.
- Stir in leeks and sauté until translucent.
- Add cabbage and cook until wilted, about 5 minutes.
- Add water, then stir in cranberries and rice vinegar.
- Cook over medium-high heat until juice reduces.
- Lower heat and simmer for 20 minutes. Stir often to prevent caramelizing. Serve immediately.

BRUSSELS SPROUTS **TWIST**

MAKES 4 SERVINGS

INGREDIENTS

- 1 lb. organic Brussels sprouts, ends trimmed
- 2 tablespoons fresh lemon juice
- 2 tablespoons Dijon mustard
- 1/4 cup extra-virgin olive oil
- 1 teaspoon fresh thyme, chopped
- Sea salt and pepper to taste
- 4 tablespoons walnuts, toasted and chopped



INSTRUCTIONS

- Steam sprouts until tender (about 8 minutes), then drain.
- Meanwhile, make dressing: Combine lemon juice, mustard, oil, and thyme in a bowl and season with salt and pepper to taste.
- Place dressing in a large skillet and heat.
- Add sprouts and lightly toss until warm.
- Sprinkle each serving with 1 tablespoon chopped walnuts.

KOMBU NOODLES

MAKES 6 SERVINGS

INGREDIENTS

- 1 lb. Miracle Noodles or red-lentil noodles, cooked and drained
- 1 oz. (about two 5"x2" pieces) dried kombu seaweed*, soaked in water and rinsed and drained thoroughly
- 1/2 cup grated organic carrots
- 1/2 cup chopped organic celery
- 1/2 cup fresh minced parsley
- 1/2 cup minced scallions
- 1 clove garlic, minced
- 6 tablespoons extra virgin olive oil
- Sea salt to taste



INSTRUCTIONS

- Combine vegetables and noodles. Toss with olive oil and seasonings.
- Let stand 30 minutes before serving.

*Kombu seaweed, sometimes called the king of seaweeds, is abundant in nutrients such as calcium, vitamins B, D, D, and E, and dietary fiber. It also has a higher iodine content than other seaweed, approximately 95 times that of nori!

DID YOU KNOW? | When cooking beans, just add one strip of kombu seaweed to the water to reduce gas!

CUCUMBER WAKAME SALAD

MAKES 6 SERVINGS

INGREDIENTS

- 1 lb. organic cucumbers, peeled and sliced
- 1/2 cup wakame seaweed*, soaked in water for 15 minutes, drained, rinsed, and coarsely chopped
- 2 organic scallions, finely chopped
- 2 tablespoons sesame oil
- 1 tablespoon rice vinegar
- 1 teaspoon tamari**
- 1/2 teaspoon ginger juice
- 2 teaspoons toasted sesame seeds



INSTRUCTIONS

- Combine cucumbers, wakame and scallions. Mix the oil, vinegar, and tamari together. Toss the vegetable mixture with the oil mixture.
- Let stand 15 minutes before serving.

*Wakame is extremely high in nutritional value and helps to fight heart disease, cancer, diabetes, and obesity. Wakame has beneficial effects on stroke, high blood pressure, viral infections, tumors, oxidation, and inflammation while promoting a good immune system.

**Tamari is traditionally used primarily in Japanese cuisine instead of ordinary soy sauce, as Tamari is richer in flavor. If you are gluten sensitive, then Tamari is a good substitute.

TEMPLETON'S BEST DRESSING

MAKES 3/4 CUP

INGREDIENTS

- 1 kiwi fruit, peeled and chopped
- 1/4 cup fresh lime juice
- 1/2 cup filtered water
- 1 tablespoon tahini*
- 1 teaspoon real (not artificial) maple syrup
- Sea salt to taste
- 1/3 cup pumpkin seeds, toasted



INSTRUCTIONS

- In blender, add first six ingredients in order and blend.
- Be sure to add pumpkin seeds last to give crunch to dressing.

*Tahini, a condiment made from toasted ground hulled sesame, is a great source of antioxidants which may help reduce the risk of hormone-related cancers, including breast, ovarian, uterine, and prostate cancer.

PEPITA PLUM DRESSING

MAKES 1 CUP

INGREDIENTS

- 1 cup raw pumpkin seeds
- 1 cup filtered water
- 2-3 umeboshi plums* to taste
- 2 tablespoons extra virgin olive oil

INSTRUCTIONS

- Wash and dry pumpkin seeds, then dry roast them in a skillet over medium heat, stirring constantly until they puff up and pop.
- Place roasted seeds in blender and grind to meal-like consistency.
- Add water to blender and continue mixing. Add plums and oil, blending until desired taste is reached (the more plums you add, the saltier the dressing).

*Umeboshi plums are one of the healthiest fruits on the planet, as they can reduce liver damage, support digestion and even block the growth of cancer cells! The literal Japanese translation is “dried plums”, although some consider them as being more in the apricot family. You can find these amazing fruits at your favorite health food store, local Oriental market, or even online at Amazon.com.

