



BeBalanced

Spring into the Mediterranean Plant-Based Cancer-Fighting Foods

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Gilda's Club - Be Balanced, LLC

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Northwestern Medical Hospital – Cancer Connections

Countries of the Mediterranean





Mediterranean Aromas: Herbs & Spices

Varies by Mediterranean region, but many overlap

European: Basil, bay leaves, fennel, garlic, marjoram, mint, nutmeg, oregano, parsley, red pepper flakes, rosemary, saffron, sage, thyme.

Moroccan: Cilantro, cinnamon, coriander, cumin, garlic, ginger, mint, red pepper flakes, saffron, thyme, turmeric

Middle Eastern: Allspice, cilantro, cinnamon, coriander, cumin, garlic, marjoram, mint, oregano, sesame seeds, thyme

Herbs and spices are powerful appetite stimulants
Some have anti-microbial and anti-inflammatory effect

Colors - Textures - Flavors

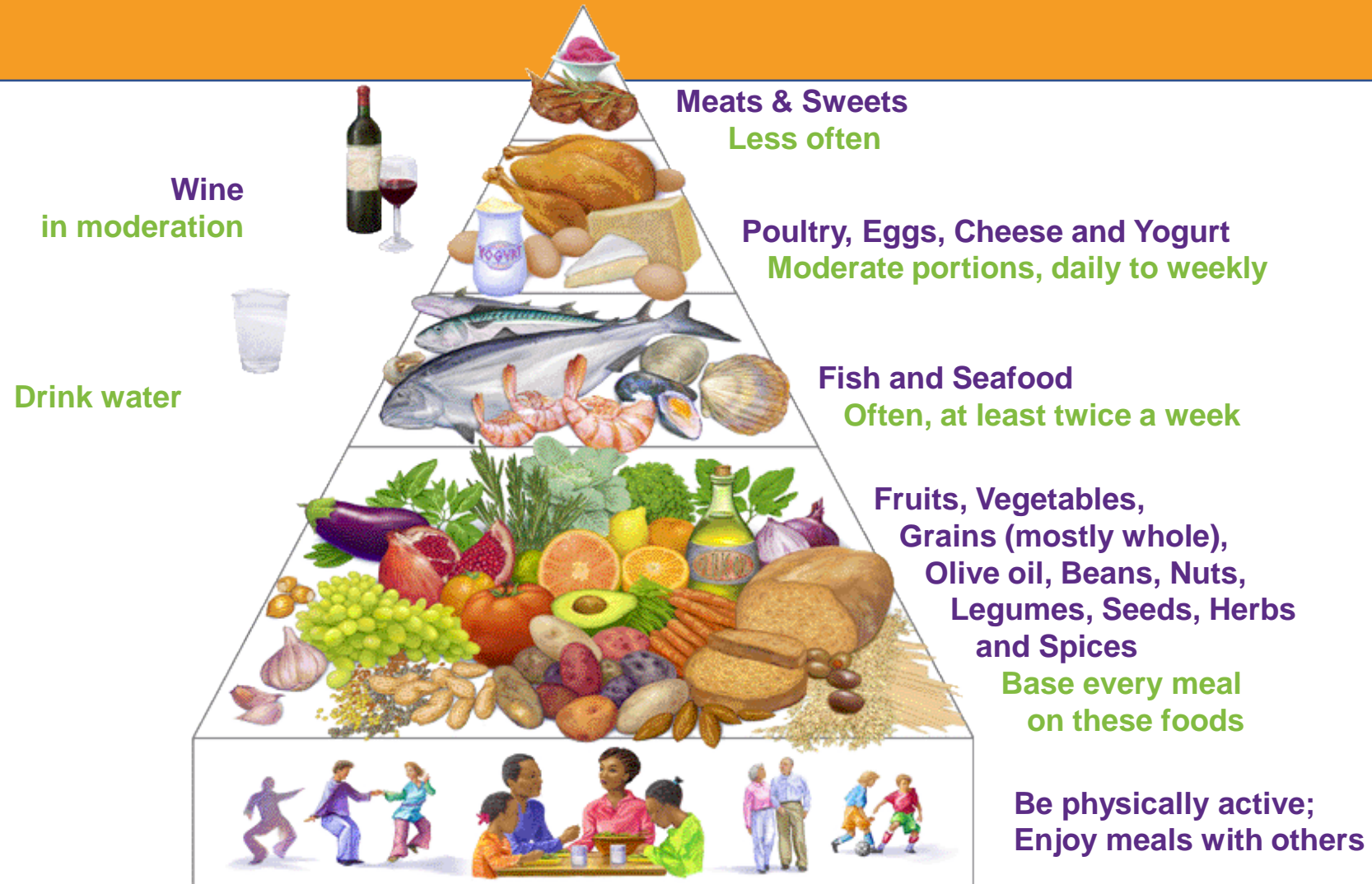


- **Diverse & lot of varieties**
- **Local & fresh**
- **Cost-Effective : Primarily plant-based in some regions**
- **Animal protein / seafood as a side or sparingly for flavor**



“Diet”: Greek word “diata” = “A Way of Life” ;
What sustains us in life

The Mediterranean Meal Pattern



Plant-Based Mediterranean Food on Cancer

Whole Grains, Fruits & Veggies, Legumes, Nuts, Seeds

- **Fiber**
- **Plant-source of protein**
- **Plant Chemicals (Phytochemicals)**
- **Antioxidants**





Mediterranean Foods on Cancer

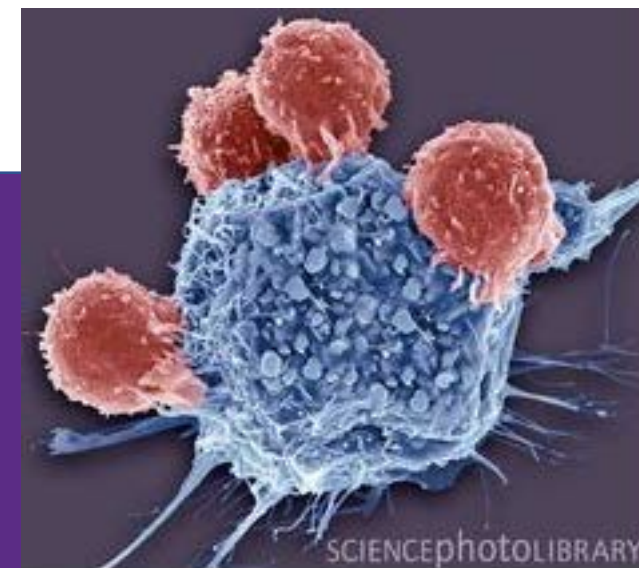
Healthy Fat

Fish: Omega-3 Fatty Acids are anti-inflammatory

Olives & Olive Oil: Phenolic content shares anti-inflammatory characteristics similar to ibuprofen

Wine - SORRY!

Even small amounts of alcohol can be linked to gene mutation if you're susceptible to cancer.





The Mediterranean LIFESTYLE

A way of life, not just food: FOCUS ON BALANCE

- Work & Leisure
- Movement & Relaxation
- Solitary & Social Time
- Fresh Food & Convenience Food Products



Let's Get to the Food!!!

“Spring Mediterranean” Quinoa & Lentil Salad

- **Cost-Effective:** Plant-based
- **Variable:** Basic recipe that can be adaptable for the seasons
- **Time- Efficient:** Can be made several days in advanced
- **Adaptable:** Can be made vegan, vegetarian, or for the omnivore
- **Sharable:** Can make in large quantities, serve in variety of ways, and can be eaten chilled, room-temp, or hot



“Spring Mediterranean” Quinoa & Lentil Salad: 3 Basic Components

BASE : Quinoa (“Grain”) + Lentils (“Legumes): High protein body of the recipe

AROMA/FLAVOR: Cumin, Coriander, Cinnamon, Bay Leaves, Garlic, Oregano

HERBAL ACCENTS: Flat-Leaf Parsley + Mint

DRESSING: Extra Virgin Olive Oil (“Healthy Fat”) + Lemon Juice/Rice Vinegar

COLOR/TEXTURE/FLAVOR: Red Bell Pepper + Cucumber (“Veggies”)

MORE FLAVOR: Kalamata Olives (“Healthy Fat”) + Feta Cheese (Flavor)



QUESTIONS?



BeBalanced

THANK YOU!

“Spring Mediterranean” Lentil and Quinoa Salad

Becky C. Williamson, RDN, LDN

Adapted from Rebecca Katz’s
“Cancer-Fighting Kitchen”

Prep Time: 10 min; Cook Time: 25 min
Serves 6

Ingredients

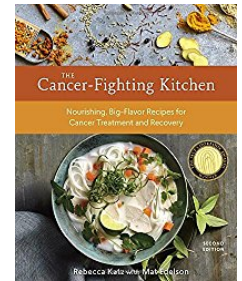
½ C. dried lentils, preferably green lentils, rinsed well
2 cloves garlic, peeled and smashed
2 bay leaf
¼ tsp. dried oregano
1 cinnamon stick or ¼ tsp. dried cinnamon
¼ tsp. Sea salt
1 ¾ C. low sodium chicken broth
1 C. white quinoa, rinsed well in cold water and drained
1 tsp. ground cumin
½ tsp. ground coriander
¼ C. freshly squeezed lemon juice
¼ C extra-virgin olive oil
1 Tbsp. rice vinegar
1 tsp. grated lemon zest
¼ C. Finely chopped fresh mint
¼ C. finely chopped fresh flat-leaf parsley
1 small English cucumber, peeled and seeded, and diced small
1 red bell pepper, seeded and diced small
¼ C. pitted Kalamata (or black) olives, rinsed and sliced
2 Tbsp. crumbled organic feta cheese (optional)

Directions

Rinse quinoa in a strainer under running water for approximately 1 minute.

Place drained quinoa in a saucepan, adding the broth and 1 clove of the garlic. Bring just to a boil over high heat. Stir the quinoa, then decrease heat, cover, and simmer for 15-20 minutes, until the broth is absorbed.

Remove from the heat, discard the garlic, transfer to a large bowl, add cumin & coriander, and fluff with a fork until well combined. Let cool to room temperature.



Meanwhile, combine lentils, 1 clove of garlic, oregano, cinnamon, bay leaves in a separate saucepan and cover with water by 2 inches. Bring to a boil, then cover, lower the heat, and simmer until the lentils are tender, 20-25 min.

Drain the lentils thoroughly and discard the whole spices and garlic. Spritz with a bit of the lemon juice and let cool to room temperature.

Put the lemon juice, vinegar, olive oil, lemon zest, and salt in a small bowl and whisk to combine.

Toss the vinaigrette to the quinoa, along with the lentils, mint, and parsley, and fluff with a fork until well combined, then refrigerate for 20 minutes.

Stir in the bell pepper, cucumber, olives and combine. You may want to add an additional squeeze lemon or pinch of salt. Sprinkle with the feta cheese before serving.

This dish may be prepared and placed in the refrigerator 3-4 days before serving, allowing all the flavors to intensify and meld into the salad.

Serve chilled or at room temperature, as a side dish or top with sliced roasted/baked chicken or fish, or sautéed shrimp, or extra feta cheese for a protein-packed meal.