

## A 'No Fooling' Healthy Meal from Your Grey Bears Bag

Turmeric, ginger, and other Indian spices are getting more and more attention for their anticancer properties. Combine them with known cancer-fighting vegetables (broccoli, cabbage, cauliflower, mushrooms) and you're in for *real* health food. For a hotter curry, increase the amount of cayenne.

### *Any Veggie Coconut Curry*

The vegetables listed in this recipe are favorites, but **any vegetables you have on hand can be used** (*Mix and match veggies from your Grey Bears bag!* Cauliflower, squash, and sweet potatoes are other tasty choices.) This is a great way to use up any fresh or frozen vegetables you have on hand. Local natural foods stores' *bulk herb sections* have fresh spices at fantastic prices.



If you decide to use coconut milk, it is important to note that it has a high fat content and should be used in moderation. Use lite coconut milk to get the sweet, nutty coconut flavor without all the fat. Serve this dish over a warm bed of rice, millet, quinoa, or buckwheat...and celebrate a healthy April meal!

### Ingredients

¼ cup vegetable broth or water	2 cups chopped broccoli florets
3 large carrots, sliced or diced	1 medium potato, peeled and diced
1 large onion, diced	1 ½ cups cooked or canned chickpeas, rinsed/ drained
4 garlic cloves, minced or pressed	1 cup fresh or frozen green peas
1 ½ Tablespoons curry powder	8 mushrooms, sliced
1 teaspoon ground cumin	1 cup lite coconut milk or 1 cup plain unsweetened soymilk
½ teaspoon ground turmeric	3 cups cooked whole grain (rice, or other)
pinch of cayenne	3 Tablespoons reduced sodium soy sauce
3 cups stemmed and chopped kale	

### Directions

Heat the vegetable broth in a large saucepan. Add the carrots, onion, and garlic. Cook and stir over medium-high heat for 10-15 minutes, or until the onion is translucent. Stir in the curry powder, cumin, turmeric, and cayenne. Cook for 2-4 minutes, stirring often.

Add the kale, broccoli, potato, chickpeas, green peas, mushrooms and coconut milk. Cover and lower the heat to medium-low. Simmer for 10-20 minutes, stirring occasionally, until the potato can be pierced easily with a fork. Serve over cooked hot grain (rice or other). Sprinkle with the soy sauce just before serving.



- - - Stored in a covered container in the refrigerator, leftovers will keep for up to 3 days.

This awesome recipe is from *The Cancer Survivor's Guide* by Dr. Neal Barnard and Jennifer Reilly, RD.

## ***Fool 'em silly with this winner from outside of the Bag***

If you've been looking for a low-fat cheese recipe, you are in for a treat! Although this recipe includes ingredients that aren't usually found in your Grey Bears bag, it is a super opportunity to discover the world of non-dairy cheeses that offer enjoyable spreads, low in fat, contain no animal products, nor oil! In fact they contain fiber which helps escort excess cholesterol, fat, hormones, and toxins out of the body. All told, non-dairy cheeses help to lower cancer risks...NO Fooling!

Make this sliceable 'cheez' at home *very simply* with the help of a sea vegetable-based gelatin called agar-agar. For a great price on agar powder, check out your local natural foods store's bulk herb section.

### **Dilly Onion 'Cheez'**

#### **Ingredients**

**This recipe yields 1 3-cup block**

1½ cups water	2 Tablespoons tahini (sesame butter)
1 Tablespoon powdered or granulated agar-agar (more for firmer, less for softer 'cheese')	2 Tablespoons mustard with horseradish
½ cup raw cashews	1 teaspoon salt
¼ cup nutritional yeast	1 teaspoon garlic powder
3 Tablespoons lemon juice	1 teaspoon onion powder
	2 teaspoons dried dill weed
	2 Tablespoons dried onion flakes

#### **Directions**

Lightly oil a 3-cup container (container with lid works great) and set aside.

Combine the water and agar-agar in a small saucepan and mix well. Stir over heat until it dissolves.

Reduce heat and simmer, stirring often, for 3-5 minutes, until completely dissolved.

While gently simmering the water and agar-agar, put all other ingredients into blender except dill weed and dried onion flakes.

Process the hot liquid in the blender with the other ingredients until completely smooth.

Add dill weed and onion flakes and blend just enough to mix in (buzz, on and off).

Pour into the prepared container and cool uncovered in the refrigerator.

When completely cool, cover and chill several hours or overnight.

To serve, turn out of the container and slice.

#### 'Cheez' Tips:

Store leftovers covered in the refrigerator. They will keep 5-7 days.

When firm, 'cheez' slices nicely for use in sandwiches or on crackers. 'Cheez' freezes well and it's easiest to shred in this form.



Recipe adapted from *The Ultimate Uncheese Cookbook* by Jo Stepaniak

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