

Weeks of September 6-17

I have included a recipe with tomatoes. Tomatoes are not only delicious and plentiful at this time of the year, but they contain lycopene, a plant compound known as a carotenoid which is helpful in reducing the risk of prostate cancer (as well as other cancers). This is an easy slow cooker/crock pot recipe!

Chicken Cacciatore

(serves 6)

6 skinless, boneless chicken breasts (okay if still frozen)

4 zucchini and or yellow crooked neck squash, cut in ½ lengthwise and sliced into 1-inch pieces*

1 onion, cut into wedges

1 jar (24 oz.) cacciatore sauce (such as by Chicken Tonight) OR 16 oz. jar salsa and 8 oz. can tomato sauce

8 oz. pasta (any shape), (hint: whole wheat pasta is most nutritious!)

Place chicken in slow cooker followed by squash and onion. Pour sauce over all. Cook on high 4 to 5 hours or on low 9 to 11 hours. Before serving, cook pasta according to package directions. Serve chicken over pasta. Serve with dark green salad.

***If you your squash cooked less then leave out from the slow-cooker, and steam it as you cook the pasta.**

I wanted to pass on this quick, easy shake recipe since it is still very summer like outside and as a way to get some soy into your diet. It is protein rich and low in fat. Vary it with the fruits you like best! It would make an easy breakfast!

Strawberry Banana Shake

(2 servings, 1 cup each)

1-10.5 ounce silken or soft tofu

1 small ripe banana

1 cup frozen strawberries, slightly thawed (add 1 Tbsp. sugar if not sweetened)

Orange juice as needed to consistency you enjoy

In blender or food processor, combine all ingredients until smooth. Chill and serve.

I am always encouraging higher intake of whole grains, so why not begin first thing in the morning! Try one of these whole grain pancake recipes this weekend!

Whole Grain Pancakes

(makes approx. 18 pancakes)

1 cup whole wheat flour

1 cup all purpose flour

½ cup wheat germ

2 tsp. baking powder

1 Tbsp. sugar

1 egg

2 egg whites

2 and 1/2 cups nonfat or soy milk

Stir dry ingredients together in medium bowl. Combine eggs and milk and add all at once to flour mixture. Mix just until combined. Spray griddle/pan with cooking spray and heat to medium high. Use ¼ cup measuring cup and pour cakes. Turn when bubbles come to

surface and pop and edges are slightly dry. Serve with applesauce, fresh fruit or light syrup. Left-over pancakes can be refrigerated and re-warmed in microwave the next day or frozen for use another day.

Banana-Oat Pancakes

(Makes approx. 12 pancakes)

¾ cup quick-cooking or old-fashioned oats

2 cups nonfat or soy milk

1/2 cup whole wheat flour

½ cup all purpose flour

1 Tbsp. baking powder

1 egg or 2 egg whites

2 bananas

¼ cup chopped walnuts (optional)

Mix oats and milk in medium size bowl and let sit for 5 minutes to soak. Mix flour and baking powder and add to soaking oats and stir. Gently mix in egg. Slice bananas thin and fold with nuts into batter. Spray griddle/pan with cooking spray and heat over medium-high heat. Use ¼ cup measuring cup to pour batter for each pancake. Cook for 2 minutes or until bubbles appear on surface. Flip pancakes and cook for another minute or so. Serve with light syrup, applesauce or fruit spread on top and fresh fruit on side.