

# 30 Minute Cancer-Fighting Skillet



**Yield: SERVES 6-7**

Prep Time: 10 MINUTES

Cook Time: 20 MINUTES

Total Time: 30 MINUTES

## **INGREDIENTS:**

3 cups cooked whole wheat pasta

1 - 29 oz. can diced tomatoes

2 pints yellow cherry tomatoes

2 Tbsp. Olive oil

1 lb. boneless chicken breasts (pre-cooked or raw)

1/2 cup onion, diced

2-3 cloves garlic (to your taste), minced

Dash salt and pepper

15 oz. can cannellini beans, drained and rinsed

4 cups fresh spinach, torn into bite size pieces

4 oz. can black olives, sliced

1/4 cup fresh basil, cut into ribbons

1/2 cup grated Parmesan cheese



## **DIRECTIONS:**

Cook pasta according to package directions. Drain and set aside.

If using precooked chicken - slice chicken into bite size pieces. In a large heated skillet add 2 Tbsp. olive oil, onion, yellow cherry tomatoes, and garlic. Simmer for about 4 minutes or until tomatoes start to brown and onion is translucent. Add chicken, diced tomatoes, drained and rinsed beans, and olives. Stir well. Add cooked whole grain pasta and spinach. Simmer just until spinach starts to turn color. Top with fresh basil and Parmesan cheese.

If using raw chicken - add olive oil and chicken pieces in skillet. Cook for 4 minutes. Add onion, yellow cherry tomatoes, and garlic. Cook additional 4 minutes or until chicken is cooked thoroughly. Add diced tomatoes, drained and rinsed beans, and olives. Stir well. Follow final three steps above.

# Chickpea Quinoa Salad with Roasted Cauliflower and Asparagus



Recipe adapted from:

<https://www.twopeasandtheirpod.com/asparagus-chickpea-quinoa-salad/>

**Yield: SERVES 4-6**

Prep time: 15 MINUTES

Cook time: 45 MINUTES

Total time: 60 MINUTES

## FOR THE LEMON VINAIGRETTE:

1/4 cup freshly squeezed lemon juice

1/4 cup extra virgin olive oil

2 teaspoons Dijon mustard

1 clove garlic, minced

1/4 tsp salt

1/4 tsp black pepper

## FOR THE SALAD:

1 medium head cauliflower, cut into bite size florets

2 Tbsp. olive oil, divided

1/2 tsp. salt

1/2 tsp. black pepper

2 cups water

1 cup red quinoa, rinsed thoroughly

1 small bunch asparagus (15 spears) cut into 1-inch pieces

1 Tbsp. fresh lemon juice

1 (14-oz.) can chickpeas, rinsed and drained

3 green onions, sliced

1/3 cup crumbled feta cheese

1/4 cup sunflower seeds or sliced almonds

1/4 cup parsley, chopped

Salt & black pepper, to taste



## DIRECTIONS:

Preheat the oven to 400°F.

In a large bowl, add cauliflower florets, 1 Tbsp. olive oil, 1/2 tsp. salt, 1/2 tsp. black pepper. Toss to combine. Spread in an even layer on a baking sheet. Roast, tossing occasionally, for 25-30 minutes until tender.

While cauliflower roasts, make the vinaigrette. In a small bowl, combine the lemon juice, mustard, garlic, salt, and pepper. Slowly add olive oil, whisking to combine. Set aside. Add water and quinoa to a medium saucepan and bring to a boil over medium heat. Turn the heat to low and simmer for about 15 minutes, or until water is absorbed. Remove from heat and fluff with a fork.

While the quinoa is cooking, cook the asparagus. In a large skillet, heat the remaining 1 Tbsp. of olive oil over medium heat. Add the asparagus and fresh lemon juice. Cook until tender, about 5 minutes.

In a large bowl, combine quinoa, asparagus, roasted cauliflower, chickpeas, green onion, and feta cheese. Pour the dressing over the salad and stir until well coated. Season with salt and pepper, to taste. Top with sunflower seeds or sliced almonds and chopped parsley.

# Cooking with Dry Beans



## Bean Nutrition

Legumes are high in fiber, low in fat, and a good source of protein, carbohydrates, folate, and many trace minerals. They are also inexpensive, thus providing good nutrition for a low cost.

## Food Safety

Dry legumes must be cooked completely before eating. For this reason it is not recommended to grind dry beans and then simply mix with hot water to make instant refried beans.



## Reducing Gas

Gas is an undesirable side effect of eating legumes. The body lacks enzymes to digest some sugars in the beans. Since the sugars are not digested, they ferment in the digestive tract creating gas. Following are a few ways to help alleviate undesirable gas:

1. Soak beans a minimum of 3 hours (8-12 hours is better); change soaking and cooking water 2-3 times.
2. Add the lacking enzyme to the diet in the form of tablets or liquid; one commercial product is called "Beano®."

## Soaking Beans

1. Quick Soak Method: hot soaking helps dissolve some of the gas-causing substances. Cover beans with twice as much water as beans, bring to a boil, boil 2 minutes, remove from heat and allow to soak at least 1 hour or up to 4 hours. Discard soaking liquid.
2. Overnight Soak: Cover with twice as much water as beans and soak 8-18 hours in cool place, discard soaking water.
3. Do not salt soaking liquid. It will toughen the bean.
4. It is not necessary to soak split peas and lentils.

## Cooking Legumes

1. Beans will double to triple in size during soaking and cooking. In other words, 1 cup dry beans will produce 2-3 cups of cooked beans.
2. The slower the beans are cooked the easier they are to digest. Slow cooker cooking on low for 6-10 hours is perfect.
3. If adding water to cooking beans is necessary, bring water to a boil before adding. Adding cold water to boiling beans will toughen beans and slow down cooking process.

## Tips to Increase Consumption of Beans

It is recommended to eat beans about 2-3 times a week. (1 ½ to 2 cups per week)

1. Plan menus.
2. Puree cooked beans and add to baked goods (bread, cake, cookies, etc.). Substitute pureed beans for shortening or margarine, straight across. (Equal amounts)
3. Prepare convenience foods such as home canned dry beans or cook and freeze for later use.
4. Add whole mashed beans to meatloaves, soups, stews, casseroles (in small amounts to begin with, then increase as desired, and as allowed by family taste preference.)

Information Taken From: Cooking with Food Storage Ingredients: Dry Beans Adrie J. Roberts, MS, CFCS Melanie D. Jewkes, MS

Adapted from: Food Storage Cooking School- Low and Hendricks, USU Extension, 1/99. Available at:

[http://extension.usu.edu/files/publications/publication/FN\\_503.pdf](http://extension.usu.edu/files/publications/publication/FN_503.pdf)

# Cooking with Dry Beans



## Cooking Beans

1 cup dried beans

Water for soaking

3 cups water

Sort and soak beans. In a medium saucepan, combine drained, soaked beans and water. Bring to a boil; reduce heat. Cover and simmer until beans are tender.

## Bean Cooking Times

Beans (Soaked)	In a Saucepan	In a Pressure Cooker at 15 Pounds Pressure
Black Beans	1 to 1½ hours	5 to 8 minutes
Garbanzo Beans	1 to 1½ hours	5 to 7 minutes
Great Northern Beans	1 to 1½ hours	5 to 7 minutes
Lima Beans, Large	45 to 60 minutes	Not recommended
Lima Beans, Baby	1 hour	Not recommended
Pea Beans	1 to 1½ hours	5 to 8 minutes
Small White Beans	1 to 1½ hours	5 to 8 minutes
Pink Beans	1 to 1½ hours	6 to 8 minutes
Pinto Beans	1 to 1½ hours	5 to 7 minutes
Red Beans	1 to 1½ hours	6 to 8 minutes
Red Kidney Beans	1 to 1½ hours	5 to 8 minutes
Soybeans	3 hours	12 to 15 minutes

## Hints:

1. Rinse all beans and legumes in cold water. Remove all dirt, rocks, or bad beans.
2. Add 1 Tbsp. cooking oil to each cup of beans while soaking. This will shorten the cooking time and decrease foaming.
3. Add meat, onions, celery, and herbs during cooking to add more flavor. Add tomatoes, catsup, vinegar and other acid foods after the beans are tender. The acid prevents softening of the beans.
4. Cooked beans freeze well and will keep up to 6 months in the freezer.

## Easy Breezy Bean Salad

2 cups (or 1 can) kidney beans\*

2 cups (or 1 can) garbanzo beans\*

1 cup (or ½ can) other beans\* (black beans, lima beans, etc.)

½ of a red bell pepper, diced

¼ of a red onion, diced

1 ½ tsp olive oil

1 ½ tsp red wine vinegar

Salt and pepper to taste

Rinse beans and mix in a medium size mixing bowl. Dice red bell pepper and red onion and mix with beans. Pour olive oil and red wine vinegar over bean mixture, adding salt and pepper to taste. Let stand in refrigerator for a couple of hours, or overnight, to chill and to allow flavors to mix in. Serve on lettuce leaves or with pita chips or crackers, or eat as a side salad. Consider adding olives, wheat berries, soy beans, etc.

\*Can be substituted for any other bean.