

Breast Cancer-Fighting Recipes



It's good to be Blue.

Try these tasty and healthy recipes that can help fight cancer!

Berry Honey Yogurt

Ingredients

- 1 Tbsp. toasted sliced almonds
- 2 tsp. local honey, separated
- ¼ C. blueberries
- ¼ C. blackberries
- 1 tsp. cinnamon
- ½ C. Greek yogurt, separated

Directions

Layer the bottom of an 8 oz. cup with almonds drizzled with 1 tsp. honey. Then top with blueberries and half the yogurt. Next top with blackberries and other half of the yogurt. Last, garnish with cinnamon and the other tsp. of honey.



Coleslaw with Turmeric Dressing

Coleslaw

- 2 C. cabbage shredded
- 2 carrots chopped
- 1-2 cloves garlic
- 1 tomato chopped
- 2 Tbsp. parsley

Turmeric Dressing

- 2 Tbsp. olive oil
- 2 Tbsp. plain yogurt
- ½ tsp. turmeric
- ⅛ tsp. cayenne pepper
- ¼ tsp. dry ground ginger
- Dash of Cayenne Seasoning

Directions

1. Mix all ingredients for coleslaw in a large bowl.
2. Mix all dressing ingredients in a small bowl.
3. Add dressing to the coleslaw and chill.



Salmon with Blueberry Mango Salsa

Blueberry Mango Salsa

- ⅓ C. diced mango
- 2 Tbsp. minced red onion
- ⅓ C. blueberries
- 2 Tbsp. minced bell peppers
- 1 Tbsp. minced fresh cilantro
- ½ tsp. minced jalapenos
- 1 Tbsp. fresh lime juice
- 2 Tbsp. evaporated cane juice

Salmon

- ½ tsp. extra virgin olive oil
- 4 - 4 oz. salmon filets
- ¼ tsp. sea salt
- Pinch freshly ground pepper

Directions

1. In a medium bowl combine all salsa ingredients and lightly crush with a fork to release juices.
2. Heat olive oil in a large sauté pan over medium-high heat. Season salmon with salt and pepper and place in pan to cook once olive oil is hot.
3. Cook until salmon is opaque and not bright pink on the inside.
4. Serve each salmon fillet with ¼ C. blueberry salsa.

