



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

Screening Mammography Program



WOMEN ARE DOING IT.

That's right – they're having regular screening mammograms – which save lives. Women ages 40 to 79 can directly call the BC Cancer Agency's Screening Mammography Program to book an appointment. No doctor's referral is needed. Know someone who should be doing it? Urge them to go.

**Call 1-800-663-9203 to book
www.smpbc.ca**

Enjoy the healthy & easy-to-make
recipe on the other side!





SPEEDY TOMATO BASIL SOUP

This soup is easy to make, there's virtually no chopping required. / Serves 6

Ingredients:

2 Tbsp. olive oil	4 cups vegetable stock
1 onion, finely diced	2 Tbsp. dried or fresh basil, finely chopped (salt & pepper to taste)
1 cup red lentils	
1- 28 oz. can of crushed or diced tomatoes	

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Instructions:

In a soup pot, fry the onion in the olive oil over medium-high heat. Add the red lentils, tomatoes & stock. Cover & bring to a boil. Reduce the heat to medium-low & simmer for 20 minutes. Stir in the basil, salt & pepper & serve.

Recipe from "Staying Alive! Cookbook for Cancer Free Living", 2006 Sally Errey.



MILD CURRIED GINGER & CARROT SOUP

The curry gives this soup a nice zestiness. / Serves 4

Ingredients:

2 tsp. olive oil	1/4 tsp. salt
2 cloves garlic, finely chopped	1/4 tsp. pepper
1 medium yellow onion, chopped	4 cups carrots, chopped
2 Tbsp. ginger root, grated / minced	3 cups vegetable stock
1 tsp. ground coriander	2 cups low fat milk or enriched soy milk
1/2 tsp. ground cumin	1/4 cup chopped fresh cilantro (optional)
1/4 tsp. curry powder	

Instructions:



Heat olive oil in large sauce pan over medium-heat. Add garlic, onion, ginger root, coriander, cumin, curry powder, salt & pepper. Cook until onions are soft, 5- 10 minutes. Stir in carrots until well coated, add stock & bring to a boil. Reduce heat, cover & cook for 20-30 minutes - until carrots are soft.

Remove from heat. Use hand, or electric blender (transfer soup in batches if using an electric blender). Blend the soup until creamy. Return soup to the pot, add milk or soy milk, heat gently until just hot. Serve in bowls & decorate with cilantro.

Recipe from "Staying Alive! Cookbook for Cancer Free Living", 2006 Sally Errey.



CHILI WITH TURKEY OR CHICKEN

Make in advance & refrigerate a day or two. / Serves 10

Ingredients:

2 Tbsp. canola oil
2 cups chopped onion
5 finely chopped garlic cloves
1 red bell pepper, remove seeds and chopped
1 Tbsp. chili powder
1/4 tsp. cayenne pepper, or as desired
1 Tbsp. cumin
1 tsp. dried oregano
1/4 tsp. cinnamon (optional)
3 - 16 oz. cans of 3 different types of beans (kidney, black, garbanzo, etc.) rinsed & drained
1 cup corn (frozen or canned)
1 - 28 oz. can diced tomatoes
1 cup vegetable tomato juice
3 cups diced cooked turkey or chicken
Hot sauce, salt & pepper to taste



Instructions:

Add oil to large, deep pot. Add onion, garlic & bell pepper, cook over medium-heat until onion & bell pepper are softened & garlic is golden. Stir in chili powder, cayenne, cumin, oregano & cinnamon, then add beans, corn, tomatoes & juice. Reduce to medium-low heat & simmer for 45 minutes, stir occasionally. Add turkey or chicken & simmer for 15 minutes. Add salt, pepper & hot sauce to taste.

Optional Garnish: top with reduced-fat sour cream or plain yogurt & shredded cheese.

Recipe adapted from the American Institute of Cancer Research website.



ASIAN SALMON

Salmon is loaded with healthy omega-3 fatty acids. / **Serves 4**

Ingredients:

- 1/2 cup lite soy sauce, divided
- 1/4 cup fresh lemon juice
- 1 Tbsp. Dijon mustard (or Asian mustard)
- 1/4 tsp. fresh ground pepper (or 1/2 tsp. Chinese 5-Spice powder)
- 4 salmon fillets (5 oz. each), skin removed & thinly sliced or salmon steaks
- 1 Tbsp. sesame seeds (toasted)
- 4 small carrots cut into julienne strips
- 2 leek (white part only), rinsed & cut into julienne strips
- 1 cup water or reduced sodium chicken or vegetable broth
- 1 tsp. sesame oil (or olive oil)



Instructions:

Mix ¼ cup soy sauce, lemon juice, mustard & pepper into small bowl. Brush soy mixture over salmon, place in shallow dish, cover & refrigerate 1 hour.

In medium-sized skillet sauté carrots & leeks over medium-heat until crisp, but tender (5 min.). Add broth, remaining ¼ cup soy sauce & sesame oil. Simmer about 10-15 minutes, until most liquid evaporates.

Preheat broiler. Place salmon on broiler pan. Broil, 4 inches from heat, until fish is cooked through (about 5 min.). Spoon vegetable mixture evenly onto 4 serving plates then place one salmon fillet on top of each dish. Sprinkle with toasted sesame seeds. Serve immediately.

Recipe adapted from the American Institute of Cancer Research website.



AMAZING MANGO SALAD

This refreshingly light salad can be perfect for brunch or as a colourful side dish. / **Serves 4**

Salad Ingredients:

- 2-3 ripe avocados, peeled & diced
- 1 ripe mango or orange, peeled & diced
- 3 green onions, finely chopped
- 1 red pepper, remove seeds & finely chopped
- 1 Tbsp. sesame seeds, lightly toasted
- 1 head green leaf lettuce, torn into bite size pieces

Dressing Ingredients:

- 2 Tbsp. lime juice
- 2 Tbsp. maple syrup
- 1/4 cup olive oil
- 1/2 tsp. ground cumin
- 2 tsp. soy sauce



Instructions:

Place all the salad ingredients in a salad bowl. In a jar, mix the dressing ingredients & shake. Pour the dressing over the salad & stir to coat until all pieces are lightly coated. Chill for 20 minutes before serving. Sprinkle with sesame seeds. Serve in a glass bowl or dessert dish, or on a bed of leafy greens.

Recipe from "Staying Alive! Cookbook for Cancer Free Living", 2006 Sally Errey.