



Ridley-Tree Cancer Center

Nutrition and Immunity: Supporting Your Immune System with Foods and Other Lifestyle Choices

Rebecca Colvin, MPH, RDN, CSO

Oncology Dietitian Nutritionist – Ridley-Tree Cancer Center

It's All Green: The Vegetables

Choose whichever vegetables look beautiful. Aim for 1-2 pounds of vegetables for 3-4 people

Ingredients

4 ounces green beans and/or sugar snap peas, trimmed

4 ounces asparagus, trimmed

3 ounces zucchini, ends trimmed and cut diagonal

1 large celery stalk, cut into thirds crosswise and lengthwise into sticks

1 medium green bell pepper, cut into ½-inch pieces

3 ounces fennel bulbs, trimmed root ends and cut off stalks, cut bulbs lengthwise in half and into wedges

3 ounces Belgian endives, ends trimmed and leaves separated

Directions

1. Bring large pot of salted water to a rolling boil and ready a large bowl of ice water
2. Add the green beans and/or snap peas to the boiling water and blanch just until they turn bright green. Remove them with a large slotted spoon and transfer to the ice water. Return the water in the pot to a boil and repeat with the asparagus, blanching until just tender, about 2 minutes depending on thickness, before transferring to the ice water. Set aside.

Pumpkin Seed Hummus

Ingredients

2 cups pumpkin seeds, toasted
2 large garlic cloves
2 tablespoons Dijon mustard
½ cup rice vinegar
⅔ cup of olive oil
¼ cup hot water, or more if necessary
1 teaspoon salt
½ teaspoon pepper

Directions

1. Put the pumpkin seeds and garlic in the bowl of a food processor or in a blender and pulse until uniformly ground, scraping down the sides as necessary. The mixture will be rough and sandy looking.
2. Add the mustard and vinegar and pulse to combine. With the motor running, slowly drizzle in the oil, stopping to scrape down the sides of the bowl. Drizzle in the hot water, processing until it is the consistency of thick hummus. Season to taste with salt and pepper. Transfer to a small serving bowl. Cover and refrigerate until ready to serve.

Avocado Mint Dip

Ingredients

1 large ripe avocado
5 teaspoons fresh lemon juice
3 tablespoons chopped fresh mint leaves
A pinch of cayenne pepper
½ tsp salt
5 tablespoons water

Directions

1. Pit the avocado and scoop the flesh into the bowl of a food processor or into a blender.
2. Add the lemon juice, mint, and cayenne, salt and pulse to puree, pouring in the water as you go.
3. Transfer to a small serving bowl. Cover and refrigerate until ready to serve.

Cilantro Cumin Dip

Ingredients

½ cup olive oil
5 teaspoons of cumin seeds
2 ½ cups chopped fresh cilantro leaves
3 tablespoons rice vinegar
1 tablespoon seasoned rice vinegar
2 teaspoons Dijon mustard
½ tsp salt and ¼ tsp pepper

Directions

1. Pour the oil into a small saucepan and add the cumin seeds. Bring to a simmer over medium heat and simmer gently for 10 minutes. Let cool.
2. Put the cilantro, vinegars, and mustard in the bowl of a food processor or in a blender and pulse to combine. With the motor running, drizzle in the cumin oil and seeds until the mixture is emulsified. Transfer to a small serving bowl. Cover and refrigerate until ready to serve.

Adapted from the cookbook "Saladish: A Crunchier, Grainier, Herbier, Heartier, Tastier Way with Vegetables" by Ilene Rosen