

BACC Annual Cancer Conference Culinary Nutrition Presentation

Created by Ayana Davis Nutrition



Roasted Chickpeas

3 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Pat the chickpeas dry with a paper towel and transfer them to the prepared baking sheet. Drizzle with the oil and season with salt and pepper to taste. Mix until the chickpeas are evenly coated.
3. Bake in the oven for 25 to 28 minutes, tossing halfway through, or until the chickpeas reach your desired crispiness. Season with additional salt and pepper if needed. Let cool slightly and enjoy!

Notes

Leftovers

Store in an airtight container for up to two days. If leftover chickpeas get too chewy, reheat in the oven for five to eight minutes or until crispy again.

Serving Size

One serving is approximately 1/2 cup.

More Flavor

Add other dried herbs and spices to taste.

No Extra Virgin Olive Oil

Use avocado oil instead.

Ingredients

2 cups Chickpeas (cooked, rinsed)

2 tsps Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

Red Lentil "Bolognese" Sauce

13 ingredients · 40 minutes · 6 servings



Directions

1. In a pot over medium heat, add oil, onion, garlic and. Cook until the onion begins to soften, about 6-8 minutes. Add the oregano, salt and red pepper flakes and cook for an additional minute.
2. Stir in the lentils and tomato paste. Add the vegetable broth, tomato sauce and half of the balsamic vinegar and stir to mix well. Bring the sauce to a gentle boil then reduce heat and simmer for about 30 minutes or until lentils are very tender.
3. Stir in the remaining balsamic vinegar and continue to simmer for 2 to 3 minutes more. Season with additional salt if needed and enjoy.

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 1 cup of sauce.

More Flavor

Use your favorite marinara sauce instead of tomato sauce. Add a drizzle of honey or freshly chopped basil or oregano at the end.

Additional Toppings

Top with extra red pepper flakes, dried or fresh oregano or nutritional yeast.

How to Use

Serve over veggie noodles, pasta noodles or dip fresh bread in it.

Ingredients

- 1/2 Yellow Onion (finely chopped)
- 1 stalk Celery (chopped)
- 1 Carrot (chopped)
- 4 Garlic (clove, minced)
- 1/4 cup Extra Virgin Olive Oil
- 1 1/2 tsps Oregano
- 1/2 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes (optional)
- 1 cup Dry Red Lentils (rinsed)
- 2 tsps Tomato Paste
- 3 cups Vegetable Broth
- 1 cup Tomato Sauce
- 2 tsps Balsamic Vinegar (divided)

Curried Tofu Scramble

8 ingredients · 25 minutes · 3 servings



Directions

1. In a skillet over medium-low heat, add the vegetable broth along with the pepper and onion. Sauté for 8 to 10 minutes.
2. Break apart the tofu into large chunks and add to the pan. Use the back of a wooden spoon to break it apart into smaller pieces. Add the curry powder, nutritional yeast and sea salt. Stir to combine the spices evenly.
3. Add arugula to the pan and stir until just wilted, about 1 minute. Remove from the heat, serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Vegetable Broth

Use avocado oil or extra virgin olive oil instead.

More Flavor

Add mushrooms or fresh herbs to the dish.

Ingredients

- 1 **tbsp** Vegetable Broth
- 1 Red Bell Pepper (chopped)
- 1/2 Yellow Onion (chopped)
- 15 **3/4 ozs** Tofu (extra firm, drained and pressed to remove water)
- 1 **tsp** Curry Powder
- 1 **tbsp** Nutritional Yeast
- 1/4 **tsp** Sea Salt
- 3 **cups** Arugula