

## Cancer Fighter of the Week

### Zucchini

Zucchini offers an abundance of nutrients to support your health. It is 95% water and very low in calories making it useful for almost any weight loss diet. There are only 20 calories per cup of raw zucchini and 30 calories in 1 cup cooked. Zucchini is a good source of Vitamins C, A, E, K and B6. It also contains Potassium, Calcium, Iron, Thiamin, Riboflavin, Niacin, Folate, Phosphorus, Magnesium, Manganese, Zinc, Copper, Protein, Phytonutrients, Carotenoids (including beta-carotene), Lutein and Fiber.

These nutrients help to fight cancer in the following ways. High intakes of fiber-rich foods help to keep cancer-causing toxins away from cells in the colon, while the folate, vitamin C, and beta-carotene help to protect these cells from the chemicals that can lead to colon cancer. The antioxidants vitamin C and beta-carotene also have anti-inflammatory properties.

The best diet for preventing and fighting cancer is a predominantly plant-based diet that includes a variety of vegetables, fruits and whole grains. Zucchini can provide less fat, more fiber and more cancer-fighting nutrients. These three elements work together to support your immune system and help your body fight off cancer. Enjoy the health benefits of zucchini and include it in your diet often!

## Cancer-fighter Recipe of the Week

*Provided by Judy Fehlenberg, Oncology Dietician at Harris Radiation Therapy Center at Gordon Hospital*

### Farmer's Market Grilled Cheese

#### Ingredients:

- ¼ cup mayonnaise
- 2 cups fresh baby spinach
- 1 teaspoon minced garlic
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 8 1/2 -inch thick slices sourdough bread
- 2 tablespoons olive oil
- ½ 3 ½ ounce package garlic-and-herb goat cheese, softened
- 1 small zucchini, thinly sliced lengthwise
- 1 tomato, sliced

#### Directions:

1. In a blender or food processor combine the mayonnaise, 1 cup of the spinach, the garlic, salt, and pepper. Set aside.
2. Brush one side of each slice of bread with the olive oil; place, oiled side down, on waxed paper. Spread goat cheese on half of the slices; layer zucchini, tomato, and remaining spinach on vegetables, spread side down.
3. Cook sandwiches in a very large skillet over medium-high heat for 6 to 8 minutes or until bread is golden brown, turning once. Makes 4 servings, nutrition information is for 1 sandwich.

**Nutrition Information:** Calories – 369; Fat – 22 g; mg; 32 g Carb; Fiber – 3 g; Protein – 10 g; Sodium – 63 mg;

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