The Rx Cookbook
Cancer-Fighting Recipes, Restaurants, and Markets in Central Texas
The American diet has dramatically worsened in the last 30 years. Today chronic inflammatory diseases—cancer, heart disease, and obesity—are straining our healthcare system.

The Rx for Better Breast Health project and its cookbook aims to help reverse this trend by highlighting the benefits of an anti-inflammatory diet.

The recipes herein, formulated by Executive Chef Iverson Brownell, incorporate herbs, spices, and other anti-inflammatory ingredients. The Rx project research team strongly believes that daily exposure to anti-inflammatories may help to prevent cancer, its recurrence, and generally reduce the risk for other inflammation-driven diseases.

We sincerely thank Susan G. Komen for funding the Rx project and our fantastic program participants for tasting, cooking, and trying out these recipes at home, and sharing their own recipes. We hope you will use this cookbook to help reverse the imbalance in our diet and prevent inflammatory disease.

Together we can take the American diet a step in the right direction and blaze a new path toward better health for all.

Sincerely,

Dr. Amelie G. Ramirez, Rx for Better Breast Health, Principal Investigator
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About the Project

Rx for Better Breast Health was a study involving cooking workshops and other educational components to teach San Antonio-area breast cancer survivors how eating certain foods may reduce their risk of cancer recurrence. The study was led by Dr. Amelie G. Ramirez, professor and director of the Institute for Health Promotion Research at the UT Health Science Center at San Antonio, in partnership with the Cancer Therapy and Research Center with funding from Susan G. Komen (Grant No. SAB08-00005).

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Anyone can get cancer. A healthy diet and proper exercise are essential to reducing your risk for cancer. The recipes and information in this cookbook are intended as a general guide, not intended as specific medical advice. Concerns about cancer and a medical condition should be directed to a health care professional.
Inflammation is the process your body uses to protect itself in response to infection or injury, adding nourishment or immune activity.

But when inflammation is chronic or unresolved, it can increase risk of cancer.

Dietary choices—even specific foods—can positively or negatively influence the inflammatory process.

Science has taught us that healthy eating involves combinations of good foods; these are much more powerful together than in isolation. This is what nature intended.

Be sure to introduce anti-inflammatory edibles into everyday eating!

**What is an Anti-Inflammatory Diet?**

- Deep marine fish (wild)
- Fresh whole fruits
- Bright multi-colored vegetables
- Green and black tea
- Water
- Olive oil
- Lean poultry
- Nuts, legumes and seeds
- Garlic, onion, chives, shallots
- Dark green leafy vegetables
- Spices, turmeric, ginger, cinnamon, cloves
- Black pepper
- Chilies

**Avoid Daily**

- Sugar, from any source
- Processed foods and snacks
- French fries
- Fast foods
- White bread
- White pasta
- White rice
- Ice cream
- High-calorie cheeses
- Oils (corn, peanut, safflower, coconut)
- Drinks sweetened with sugar or high fructose corn syrup
Sauce and Seasoning Recipes

BBQ Sriracha Chili

Ingredients:
- 2 tbsp. Olive oil
- 1 ½ pounds of boneless, skinless chicken breasts into 1 ½ inch chunks
- 1 large onion, thinly sliced
- 2 cloves garlic, minced
- BBQ Sauce
- Sriracha Chili
- Ginger powder
- Salt
- Pepper

Adapted from Mary of San Antonio and submitted by Sally of San Antonio, Texas, participant in Rx for Better Breast Health

Preparation:
1. Mix BBQ Sauce and Sriracha chili in a bowl to desired taste.
2. Heat oil in a skillet over high heat; brown chicken. Add salt, pepper and ginger powder for seasoning.
3. Lower heat to medium; add onion, and garlic, stirring until browned, 8 to 10 minutes. Add BBQ mixture, cook until BBQ mixture thickness.
Spice Dry Rub Mix

**Ingredients**
(makes 1¾ cups):
- ½ cup dark brown sugar
- ¼ cup seasoned salt (reduce to ⅛ cup for low-sodium version)
- ¼ cup paprika (sweet Hungarian)
- ¼ cup smoked paprika (Spanish)
- 1 tbsp. garlic powder
- 2 tsp. onion powder
- 1 tbsp. celery salt
- 2 tbsp. chili powder
- 2 tbsp. black pepper
- 1 tbsp. rubbed dried sage
- 1 tsp. ground allspice
- ½ tsp. ground cumin
- ¼ tsp. cayenne
- ¼ tsp. ground mace
- 1/8 tsp. ground cloves
- Added 1 tsp. turmeric

Adapted from theyummielife.com and submitted by Becky of Converse, Texas, participant in Rx for Better Breast Health

This rub can be used on chicken, beef, or the grill, in the oven or slow cooker.

**Preparation and Use:**
1. Spread brown sugar out on a baking sheet for 1-2 hours so it can dry out and avoid clumping.
2. Combine all ingredients in a food processor and pulse until well mixed or, sift the ingredients into a bowl and whisk them until mixed. Store in airtight container.
3. To use, sprinkle dry rub mix on all sides of the meat (chicken, beef, or pork) and rub it in. If you have time, wrap or cover the meat and refrigerate it for 1 hour (or as long as 12 hours) before cooking. The fridge time will enhance the flavor, but it’s also good if you cook the meat right away. Grill, pan fry, or bake the meat according to your preference. It’s also good for seasoning meat in slow cooker.

**Variations:**
For a spicier blend, use hot chili powder (rather than mild) and more cayenne, cumin, black pepper. For a sweeter blend, increase the allspice, cloves, mace, and brown sugar.

Fruit Seasoning

**Ingredients:**
- 3 tsp. cinnamon
- 3 tsp. ground cayenne red pepper
- ¼ tsp. ground cardamom

Submitted by Herlinda and Anna of San Antonio, Texas, participants in Rx for Better Breast Health

**Preparation:**
1. Mix all spices together and pour into an empty saltshaker.
Meat Sauce

Submitted by Janie of San Antonio, Texas, participant in Rx for Better Breast Health

Ingredients:
- 1 lb. Jennie-O lean ground turkey
- 1 lb. Jennie-O Italian turkey sausage
- 1 pkg. 8 oz. mushrooms (slice or cut to size)
- 6-8 oz. cherry tomatoes cut in half
- ¼ cup marsala wine sauce
- 1 sm. can tomato sauce
- 3-4 tsps. Tomato puree
- 3-4 garlic cloves diced
- 2 tsps. Pepper
- salt to taste
- ½ sm. Or ¼ lg. white onion diced
- Palm-full of Italian seasoning

Preparation:
2. Add mushrooms, tomatoes, garlic, onion, pepper.
3. Add wine, sauce and puree (can add chicken broth or water depending on how thin sauce is wanted.)
4. Simmer until all flavors blend.
5. Serve over pasta or alone.

Fast and Easy Working Girls Chili

Submitted by Donna of San Antonio, Texas, participant in Rx for Better Breast Health

Chef Iverson Brownell Recommends
Add two diced chopped poblanos! Top each bowl with chopped green onions (2 per each bowl)

Preparation:
1. Brown 1 pound of hamburger meat with 1 small onion (chopped), 1 small bell pepper (chopped), and salt & pepper to taste.
2. Add 2 packages McCormick Chili mix.
3. Stir in 1 can tomato sauce, 1 can stewed or crushed tomatoes (add water if too thick), 1 can drained kidney beans or pintos, 1 can drained black beans, and 1 can drained mushroom.
4. Stir and simmer.
5. Make Jiffy mix corn bread. By the time that is ready (20 minutes), serve with the chili.

Variations:
The leftovers make a good Frito pie or taco salad – serve over chips top with lettuce, tomatoes, onion, cheese, avocado etc.
**Spiced Baked Apple**

Submitted by Deborah of San Antonio, Texas, participant in Rx for Better Breast Health

**Ingredients:**
- 2 small bags organic apples (Gala was used in recipe; can use whatever you prefer)
- 1 cup walnut pieces (or pecans) optional
- ¼ cup chopped dates (or raisins) optional
- ¼ cup stick butter & 1/8 butter (sliced into small pats) adjust to taste
- ¼ cup honey (or agave nectar)
- Spices: ½ tsp. each: Cloves and Nutmeg
- Ginger
- Cinnamon
- Cinnamon sugar (or to taste)

**Preparation (10 minutes):**
1. Put ¼ cup butter slices in Pyrex dish, put in 350 degree oven.
2. Peel and slice washed apples in large bowl. In small bowl mix spices and sprinkle over apples (taste to see if you need to add more of a favorite spice). Add walnuts and dates, and honey, stir well.
3. Spread out apple mixture in Pyrex dish. Add 1/8 cup butter (slices) on top, sprinkle with cinnamon sugar. Lay parchment paper over dish. Bake for 30 minutes, take out, stir, and bake for 10 minutes or until desired softness.
4. Can be served with vanilla yogurt, cool whip, or ice cream for dessert. Also is a great addition to oatmeal. It makes the whole house smell good.
Batata Dulce de Vega

Adapted from Eusebio Vega-Cintron from the Isla del Encanto, Puerto Rico

**Ingredients:**
- 2 sweet potatoes
- Cumin powder
- Ginger powder
- 2-3 tbsp. olive oil

**Preparation:**
1. Peel two sweet potatoes and cut into chunks.
2. Place in a 9x13 cooking dish.
3. Sprinkle cumin powder and ginger powder.
4. Add 2-3 tbsp. of olive oil and toss.
5. Cook in oven at 375 degrees until brown and crispy.
6. If you prefer a “sweeter” option, substitute cumin with cinnamon.

Chef Iverson Brownell Recommends
Add 1 tbsp. agave nectar to ingredients and toss with sweet potatoes!

Fruity Pomegranate Dessert

Submitted by Carmen of San Antonio, Texas, participant in Rx for Better Breast Health

**Ingredients:**
- 2 nectarines, pitted and halved
- 2 peaches, pitted and halved
- 1 pound apricots, pitted and halved
- 1 cup pomegranate seeds
- 1 tbsp. honey
- 2 tbsp. lime juice
- ½ cup chopped mint
- ½ cup chopped fresh basil leaves
- 1 tbsp. cinnamon

**Preparation:**
1. On a hot grill, cook all the fruits except pomegranate seeds flat side down until dark grill marks form, about 3-5 minutes.
2. Remove fruit from grill, cut into small pieces and let cool.
3. Place fruit in bowl and sprinkle pomegranate seeds and cinnamon over top.
4. Combine honey and lime juice in small bowl and drizzle over top of the grilled fruit.
5. Sprinkle mint and basil leaves and serve immediately at room temperature.

Chef Iverson Brownell Recommends
Sprinkle with ground ginger for garnish!
Rosemary Shortbread Cookies

Adapted from allrecipes.com and submitted by Jerusha of San Antonio, Texas, participant in Rx for Better Breast Health

**Ingredients:**
1 ½ cups unsalted butter
⅔ cups white sugar
2 tbsps. Chopped fresh rosemary
2 ¾ cups all-purpose flour
¼ tsp. salt
2 tps. White sugar for decoration

**Preparation:**
1. In a medium bowl, cream together the butter and ⅔ cup of sugar until light and fluffy. Stir in the flour salt and rosemary until well blended. The dough will be somewhat soft. Cover and refrigerate for 1 hour.

2. Preheat the oven to 375 degrees F (190 degrees F). Line cookie sheets with parchment paper.

3. On a lightly floured surface, roll the dough out to ¼-inch thickness. Cut into rectangles 1 ½ x 2 inches in size. Place cookies 1 inch apart on the lined cookie sheets. Sprinkle the remaining sugar over the tops.

4. Bake for 8 minutes in the preheated oven, or until golden at the edges. Cool on wire racks, and store in an airtight container at room temperature.

Chef Iverson Brownell Recommends
Add 1 tsp. freshly finely chopped ginger!
Snack Recipes

Dark Chocolate Pumpkin Seeds

Submitted by Connie of Pleasanton, Texas, participant in Rx for Better Breast Health

**Ingredients:**

- 1 lb. bittersweet chocolate (at least 65% cacao)
- 1 cup pumpkin seeds
- 1 tsp. salt

*Tempering: When you examine a top-quality chocolate bar or a well-made dipped truffle, the chocolate is shiny, firm enough to tap with your fingernail, and will break with a sharp snap. That’s because it’s tempered. Tempering is a process that encourages the cocoa butter in the chocolate to harden into a specific crystalline pattern, which maintains the sheen and texture for a long time. When chocolate isn’t tempered, it may not ever set up hard at room temperature; it may become hard, but look dull and blotchy; the internal texture may be spongy rather than crisp; and it can be susceptible to fat bloom, meaning the fats will migrate to the surface and make whitish streaks. For chocolate to be firm at room temperature, have a glossy sheen and a crisp texture, you must temper the melted chocolate. For tempering, always use top-quality dark, milk or white chocolate. Compound chocolate, which is a lower-quality chocolate, contains other fats beside cocoa butter, so it often doesn’t need tempering. Chocolate that’s combined with other ingredients, as in a chocolate cake or mousse, doesn’t need to be tempered. If you’re in a hurry and intend to keep the candy refrigerated, just melt the chocolate slowly in microwave stirring frequently.

**Preparation:**

1. Place pumpkin seeds and salt in small ungreased skillet. Toast and stir over medium heat till browned. Set aside.

2. To temper* the chocolate, place 3⁄4 of the chocolate in a microwave-safe bowl. Program microwave to 50% power. With the bowl uncovered, heat the chocolate for 30 seconds and then stir with rubber spatula. Repeat, heating for 30 seconds and then stirring, until almost all the chocolate in the bowl is melted, about 3 minutes total. Using an instant-read thermometer, check the temperature of the chocolate. It should be 110 degrees F to 115 degrees F. If it hasn’t reached desired temperature, continue to heat in 10 second increments. Add the reserved chocolate and stir constantly until completely melted and smooth and thermometer reads 88 degrees F at 90 degrees F. The chocolate is now tempered.

3. Stir the toasted salted pumpkin seeds into the chocolate. Spread the chocolate in an even layer about 1-4 inch thick on parchment paper or on 2 silicone 11x15 baking sheets. Cool at room temperature until hard. Break into irregular pieces.

4. Store in airtight container at room temperature.

Chef Iverson Brownell Recommends

Add 1 tbsp. of finely chopped rosemary and 1 tsp. ground cinnamon to melted chocolate!
Anti-Inflammatory Trail Mix

Adapted from Slimming Meals that Heal (by Julie Daniluk, RHN) and submitted by Amy of New Braunfels, Texas, participant in Rx for Better Breast Health

**Ingredients:**
- 2 tbsp. ground flaxseed
- 2 tbsp. water
- 1 cup cashews
- 1 cup hazelnuts
- 1 cup pumpkin seeds
- 1 cup sunflower seeds
- 2 tsps. Turmeric
- ½ tsps. Coriander
- 1 tbsp. ground ginger
- 1 tsp. cumin
- 1 tsp. cardamom
- 1 tsp. pink rock salt
- ½ cup dried cranberries (apple juice-sweetened)
- ½ cup dried cherries

**Preparation:**
1. Preheat oven to 200 degrees. Mix flaxseeds in water until you create a slurry. Set aside.
2. Mix nuts and seeds in a medium mixing bowl and stir in flax mixture.
3. Mix spices and salt in a small bowl and sprinkle evenly over mixture.
4. Place on a pan in oven and dehydrate for 1 hour until dry and crunchy.
5. Place into a large mixing bowl, add dried fruit, and store in mason jar until ready to enjoy.

Strawberry-Blueberry Smoothie Pops

Submitted by Barbara of San Antonio, Texas, participant in Rx for Better Breast Health

**Ingredients (for 4 Pops):**
- ½ cup (or 6 small) frozen (or fresh) strawberries
- ½ cup frozen (or fresh) blueberries
- 1 cup (tub) of plain Greek yogurt
- 2 tsp. sweetened creamer
- 1 scoop Vanilla Protein Powder
- 1 tsp. ground chia seeds
- 1 tbsp. Hemp hearts
- 1 tsp. ginger paste
- Dash or 2 of: Black pepper, Turmeric, Cinnamon, Green tea

**Preparation:**
1. Put all ingredients in a blender.
2. Make sure to stop and scrape sides.
3. Blend well.
4. Pour into Popsicle mold or ice tray.
Golden Milk

Adapted from freshbitesdaily.com and submitted by Amy of New Braunfels, Texas, participant in Rx for Better Breast Health

Ingredients:
2 cups of 2% milk
1 tsp. dried turmeric
1-2 tsps. Fresh ginger paste
Sprinkle of black pepper
Sprinkle of cinnamon
Skinny Girl Agave with Stevia Extract Liquid Sweetener

Preparation:
1. Place milk in saucepan over medium heat.
2. Add turmeric, ginger, and pepper. Stir well if you are using the dried spices.
3. Let the milk begin to simmer; small bubbles will form on the sides of the saucepan. Stir.
4. Allow to heat for another minute or two being careful not to let the milk overheat. Continue to stir at this point to get better heat distribution and so that you don’t end up distracted in your kitchen and end up with boiled turmeric in your bumper pans.
5. Turn off heat, cover, and allow the mixture to sit for 10 minutes or so to improve the infusion.
6. Strain the milk through a strainer if you have used fresh ingredients.
7. Serve warm.
Anti-Inflammatory Turmeric & Ginger Smoothie

Submitted by Herlinda and Anna of San Antonio, Texas, participants in Rx for Better Breast Health

**Ingredients:**
- 10 oz. unsweetened almond milk
- ½ frozen banana
- 1 large handful of frozen fruit mix
- 1 tsp. of turmeric
- ½ tsp. ginger
- 1 tsp. cinnamon
- ½ tsp. chia seeds
- 1 tsp. raw honey (or more to taste)

**Preparation:**
1. Add all the ingredients to a blender and blend until smooth.

**Chef Iverson Brownell Recommends**
Add ½tbsp. fresh chopped rosemary, and blend with other ingredients!

Turmeric Smoothie

Submitted by Linda of Poteet, Texas, participant in Rx for Better Breast Health

**Ingredients:**
- 1 cup of low-fat milk or coconut water
- ½ tsp. turmeric
- 1 ripe banana
- 6 tsp. blanched sliced almonds (found in bulk foods—they are oval-shaped so you wouldn’t get as much if you just did 2 tbsp.)
- Honey to taste
- ¼ tsp. vanilla extract
- Dash of fresh ground black pepper
- ¼ tsp. cinnamon

**Preparation:**
1. Put all ingredients in blender and blend until smooth.
Cherry Chia Pain Buster Smoothie

Ingredients:
- 1 cup fresh or frozen pitted tart cherries
- ½ cup fresh or frozen blueberries (or berry blend)
- ½ cup fresh or frozen pineapple chunks
- ½ cup silken tofu or 1 scoop vegan protein powder
- 1 cup chilled brewed green tea or diluted cherry juice
- ½ inch chunk ginger root or ¼ tsp. powdered ginger
- ½ inch chunk turmeric root or ¼ tsp. powdered turmeric
- 2 tsp. raw honey

Adapted from prevention.com and Submitted by Donna of San Antonio, Texas, participant in Rx for Better Breast Health

Preparation:
1. Blend all ingredients until smooth.

Chef Iverson Brownell Recommends
Add 1 tsp. fresh ground cinnamon!

Spicy Green Tea

Ingredients:
- 4 cups water
- 2 green tea bags
- 1-2 lemon slices
- ¼ grapefruit juice
- 1-inch piece turmeric peeled, thinly sliced
- 1-inch piece ginger peeled, thinly sliced
- Honey to taste
- ¼ tsp. cinnamon
- Dash of cloves
- Dash of cayenne

Submitted by Rosemary of Helotes, Texas, participant in Rx for Better Breast Health

Preparation:
1. Combine ingredients.
Pineapple Ginger Lemonade

**Ingredients:**
- 1 pineapple (peeled and cored; or use 4 cups commercial pineapple juice if you are not using fresh pineapple)
- 1 whole ginger root
- 4 lemons
- 1 tsp. lemon zest (from 1 lemon)
- 6 glasses filtered water
- 2 tbsp. raw sugar
- 8 packs stevia (4 tsps. stevia)

**Preparation:**
1. Peel pineapple, and cut into long wedges. Juice pineapple wedges and core.
2. Juice the ginger out of lemons. Scrape one lemon to get 1 tsp. lemon zest.
3. Add water to the juice mixture. Add sugar, stevia, and mix well.

*Chef Iverson Brownell Recommends*

Add 1 tbsp. low-fat Greek yogurt, and mix thoroughly with other ingredients!

Infused Water

**Ingredients:**
- 2 lemons
- ½ cucumber
- 10-12 mint leaves
- 3 qts. Water fuse overnight

**Preparation:**
1. Squeeze lemons into water.
2. Cut up cucumber into small cubes.
3. Chop mint leaves.
4. Put ingredients into water to fuse overnight.
5. Strain ingredients the next morning and enjoy your infused water.
**Avocado Salad**

Submitted by Mary of San Antonio, Texas, participant in Rx for Better Breast Health

**Ingredients:**
- 1 Romaine Lettuce
- ½ red onion, chopped
- 1 container cherry tomatoes cut in half
- 1 or 2 avocados, cubed
- Virgin olive oil
- Lemon juice
- Pecans or almonds

**Preparation:**
1. Mix olive oil, lemon juice, apple cider vinegar, and add pepper and spices to taste.
2. Cut Romaine lettuce.
3. Add chopped onions, cherry tomatoes.
4. Add dressing, toss in cubed avocados and almond, and toss again.
Broccoli/Cauliflower Salad

Submitted by Anna of San Antonio, Texas, participant in Rx for Better Breast Health

Ingredients:
- 2 heads fresh broccoli, chopped
- 1 head fresh cauliflower, chopped
- ½ cup chopped red pepper
- ½ cup chopped green pepper
- ½ red onion, chopped
- ½ cup green olives
- 1 cup tomatoes, chopped (optional)
- 2 tbsps. Fresh-squeezed lemon
- 1 cup reduced fat sharp cheddar cheese, shredded
- 1 cup reduced-fat ranch dressing

Preparation:
1. Mix all ingredients together in a large bowl and toss with reduced fat ranch dressing.
2. Refrigerate until serving.

Chicken Waldorf Salad

Adapted from allrecipes.com and submitted by Janie of San Antonio, Texas, participant in Rx for Better Breast Health

Ingredients:
- ½ cup chopped walnuts
- 2 cooked rotisserie chicken breasts, cubed
- 1 cup seedless red grapes, halved
- ½ cup dried cranberries
- ½ Granny Smith apple, cored and cubed
- ¼ cup chopped red onion
- ¼ cup mayonnaise
- ½ cup vanilla yogurt
- 2 tps. lemon juice

Preparation:
1. Preheat oven to 325 degrees F (165 degrees C).
2. Spread chopped walnuts onto a baking sheet.
3. Roast walnuts in the preheated oven until they are fragrant and browned, 3-5 minutes. Remove and let cool.
4. Lightly toss chicken with grape halves, cranberries, apple, walnuts, and onion in a salad bowl. Whisk mayonnaise, vanilla yogurt, and lemon juice in a separate bowl. Pour dressing over salad and toss again to coat.
**Salad Potluck**

**Ingredients (Salad):**
- Mixed Greens, Spinach or lettuce
- 1 tsp. Black pepper
- 1 tsp. Ginger
- 1 tsp. nopalitos
- Dried cherries
- Strawberries
- Dried cranberries
- Dried blueberries
- Tomatoes
- Purple onion
- Pineapple as desired
- Cucumber grapes

**Ingredients (Dressing):**
- 3 or 4 cans mandarin orange or oranges
- 1 tsp. black pepper
- 1 tbsp. ginger
- 3 tbsp. agave nectar
- 1 tsp. ground cumin
- ½ cup olive oil
- ½ cup of rice wine vinegar
- 1 sweet pepper
- 1 tbsp. ground turmeric
- 1 tsp. cumin
- 1 tsp. curry
- ¼ tsp. cinnamon

**Preparation:**
1. For salad, mix the ingredients.
2. For dressing, blend dressing ingredients and chill. Serve on tossed salad.

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**Everything’s Coming Up Red (Salad)**

**Ingredients (Salad):**
- Spinach or kale
- Turnips
- Tomatoes
- Strawberries
- Radishes

**Ingredients (Dressing):**
- Olive oil plus any favorite healthy spices

**Preparation:**
1. Toss salad.
2. Add dressing.
Black Rice and Broccoli with Almonds

Submitted by Diana of San Antonio, Texas, participant in Rx for Better Breast Health

Ingredients (makes 4 servings):
- 1 cup black rice
- 1 pound broccoli, cut into small florets; stems peeled and cut into ¼ inch thick slices
- 3 cloves of garlic unpeeled
- 4 tbsps. extra-virgin olive oil
- ¾ tsps. Coarse salt
- Freshly ground pepper
- 1 tsp. Dijon mustard
- 2 tbsp. red-wine vinegar
- ½ cup sliced almonds, toasted
- 1 cup lightly packed fresh flat-leaf parsley leaves
- 2 scallions, thinly sliced

Preparation:
1. In a heavy-bottomed medium pot, bring rice and 1 3/4 cups water to boil. Reduce heat to maintain a simmer, cover, and cook until rice is tender and water is absorbed, about 35 minutes.

2. Remove from heat; let stand 10 minutes. Transfer to a serving bowl. Let cool slightly.

3. Meanwhile, preheat oven to 425 degrees. On a rimmed baking sheet, toss broccoli and garlic with 2 tbsps. oil. Season with 1/4 tsp. salt and pepper. Roast, stirring once, until tender, about 20 minutes. Remove and reserve garlic; transfer broccoli to bowl with rice.

4. Remove garlic from skins. Place in a small bowl; mash. Whisk in mustard, vinegar, remaining 2 tbsps. Oil, and 1/4 tsp. salt. Drizzle over salad. Add almonds, parsley, and scallions; toss. Season with remaining 1/3 tsp. salt and pepper.
Re-done Recipe: Stuffed Mushrooms

Submitted by Carmen of San Antonio, Texas, participant in Rx for Better Breast Health

Ingredients:
- 18-24 whole mushrooms
- Smart Balance buttery spread
- 4 oz. skim Queso Panela
- 15-20 fresh basil leaves (medium to large)
- ½ cup Sunflower seeds
- 4 oz. Julienne-cut “broccoli slaw” (has broccoli and cabbage)
- Black Pepper (can substitute or add turmeric, red chile, or garlic salt)

Preparation:
1. Preheat the oven to 450 degrees.
3. Chop basil leaves and Queso Panela into small (half-inch) pieces, mix, and stuff mushroom caps.
4. Sprinkle tops with black pepper and other spices if desired.
5. Add a drop of olive oil and 4-6 sunflower seeds to each mushroom cap.
6. Place in 450 degree oven for 12 minutes.
7. Remove and top each mushroom cap with julienned broccoli slaw.
8. Serve warm.

The Son’s Slaw

Submitted by Terri of San Antonio, Texas, participant in Rx for Better Breast Health

Ingredients:
- 3 cups broccoli slaw (shredded raw broccoli)
- 1 head shredded cabbage
- ¼ cup nonfat Greek yogurt
- 2 tablespoons mayonnaise
- 1 tablespoon freshly squeezed lemon juice
- 1 tbsp. fresh lemon zest
- 1 tbsp. apple cider vinegar
- 2 tsps. honey
- 1/8 cup chopped fresh parsley leaves
- 1 green onion chopped
- ¼ tsp. House Seasoning (1 cup salt, 1/3 cup pepper, 1/4 cup garlic powder)

Preparation:
1. Combine the broccoli slaw and cabbage in a large bowl.
2. Whisk together the yogurt, mayonnaise, lemon juice, and zest, vinegar, honey and House Seasoning (to make the House Seasoning, mix the salt, pepper, and garlic powder together).
3. Pour the dressing over the slaw and toss well to coat.
4. Add the parsley and green onions and toss again.
5. Cover with plastic wrap and chill for 1 hour before serving.

Chef Iverson Brownell Recommends
Add 1 tsp. fresh chopped ginger and mix with ingredients in Step 2!
Yukon Gold & Sweet Potato Gratin with Fresh Herbs

Submitted by Linda of Poteet, Texas, participant in Rx for Better Breast Health

Ingredients (makes 12 servings):
- 1 ½ lbs. medium Yukon Gold potatoes
- 1 ½ lbs. medium red-skinned sweet potatoes (yams)
- 2 cups heavy whipping cream
- ¼ cup (1/2 stick) butter
- 2 garlic cloves, minced
- 1 tbsp. minced fresh Italian parsley
- 1 tbsp. minced fresh sage
- 1 tbsp. minced fresh thyme
- 1 ½ tsps. Fine sea salt
- ¾ tsps. Freshly ground pepper
- 1 ¼ cups (packed) coarsely grated Gruyere cheese (about 5 ounces)

Preparation:
1. Fill large bowl with cold water.
2. Working with 1 Yukon Gold Potato at a time, peel, then cut ⅛-inch-thick rounds and place in bowl with water.
3. Repeat with sweet potatoes.
4. Combine cream, butter, and garlic in medium saucepan; bring to simmer.
5. Remove from heat.
7. Butter 13x9x2-inch glass baking dish.
8. Drain potatoes, then pat dry with kitchen towels.
9. Transfer half of potatoes to prepared baking dish. Use hands to distribute and spread evenly.
10. Sprinkle with half of salt-pepper mixture, then half of herb mixture.
11. Pour cream mixture over gratin, pressing lightly to submerge potato mixture as much as possible.
12. Do Ahead: Can be made 6 hours ahead. Cover with plastic wrap and chill. Remove plastic wrap before baking.
13. Preheat oven to 400 degrees F. Cover gratin tightly with foil. Bake 30 minutes. Uncover, bake until top of gratin is golden and most of liquid is absorbed, about 25 minutes longer. Let stand 10 minutes; serve.

Rosemary Potatoes

Submitted by Lucy of San Antonio, Texas, participant in Rx for Better Breast Health

Ingredients:
- 4 small russet or red potatoes
- 1 clove of garlic
- Rosemary
- Olive oil

Preparation:
1. Preheat oven to 400 degrees F. Drizzle olive oil in small glass pan.
2. Stir in cubed potatoes with sliced garlic and mix in rosemary and parmesan cheese.
3. Bake 30 to 40 minutes until potatoes are brown.
### Soup Recipes

**Roasted Garlic Cauliflower Soup**

*Submitted by Jane of San Antonio, Texas, participant in Rx for Better Breast Health*

**Ingredients:**
- 1 tbsp. flour
- 2½ tbsp. olive oil, divided
- 1 large head of garlic
- 1 whole head cauliflower
- 2 stalks celery, chopped
- 1 carrot, chopped
- 1 large yellow onion, chopped
- ½ teas salt
- ½ teas fresh cracked black pepper
- ¼ teas Cajun seasoning
- ½ cup dry white wine
- ½ cup water
- 2 cups chicken broth
- 6 oz. fat free plain Greek yogurt

**Preparation:**
1. Preheat oven to 400 degrees F. Line a jellyroll pan with aluminum foil.
2. Chop the cauliflower into 1-inch pieces and place in a bowl. Toss with 1 tbsp. olive oil. Cut the top of the garlic head off, and place in aluminum foil, wrap the foil up around the garlic, and before closing, pour 1⁄2 tbsp. olive oil over the garlic.
3. Place wrapped garlic and cauliflower on the baking sheet. Roast the cauliflower and garlic for 25 minutes, flipping the cauliflower once while roasting. Remove the cauliflower from the oven, but keep the garlic pouch in the oven and continue to roast at 400 degrees F for an additional 30 minutes. It will be a nice golden when ready. Let both the cauliflower and garlic cool after roasting.
4. Meanwhile, in a large Dutch oven or stockpot, whisk flour and 1 tablespoon oil constantly until it is a light brown over medium heat, about 4 minutes. Mix in celery, carrot, and yellow onion and cook, stirring for 3 minutes.
Roasted Garlic Cauliflower Soup

5. Mix in the salt, black pepper, thyme and Cajun seasoning. Slowly add the white wine and water, mixing as you pour. Bring to a boil and cook for 5 minutes, stirring as needed.

6. When the garlic is safe to handle, squeeze garlic cloves out of the head of garlic and discard the skin. Add roasted garlic cloves and chicken broth. Cook for 10 minutes, before adding the cauliflower and cooking for 5 minutes longer.

7. With an immersion blender, or by transferring batches to a blender, and the yogurt and puree until smooth. Adjust salt and pepper to taste.

8. If you do not eat this all in one sitting, save in individual servings and reheat in the microwave, adding a small amount of water if it becomes too thick.

Healing Cabbage Soup

Adapted from allrecipes.com and submitted by Jerusha of San Antonio, Texas, participant in Rx for Better Breast Health

Ingredients (makes 8 servings):

- 3 tbsp. olive oil
- ½ onion, chopped
- 2 cloves garlic, chopped
- 2 quarts water
- 4 tsps. chicken bouillon granules
- 1 tsp. salt, or to taste
- ½ tsp. back pepper, or to taste
- ½ head cabbage, cored and coarsely chopped
- 1 (14.5 ounce) can Italian-style stewed tomatoes, drained and diced (not chopped)

Preparation:

1. In large stockpot, heat olive oil over medium heat. Stir in onion and garlic; cook until onion is transparent, about 5 minutes.

2. Stir in water, bouillon, salt, and pepper. Bring to a boil, and then stir in cabbage. Simmer until cabbage wilts, about 10 minutes.

3. Stir in tomatoes. Return to a boil, and then simmer 15 to 30 minutes, stirring often.
Sweet Potato, Carrot & Turmeric Soup

Submitted by Herlinda and Anna of San Antonio, Texas, participants in Rx for Better Breast Health

Ingredients (makes 4 servings):
3-4 tbsp. olive oil
5 carrots
1 apple
2 sweet potatoes or yams
2 turnips
2-inch/2.5 cm piece of ginger
2-cups/500 ml water or low sodium vegetable broth
½ tsp. dried turmeric
½ tsp. fresh or dried basil, parsley or cilantro (optional)

Preparation:
1. Heat olive oil in a large pot over medium heat.
2. Add chopped carrots, sweet potatoes, apple, turnips and salt and pepper to cook on medium for 5-10 minutes then reduce heat to low/medium and continue to cook until ingredients are softened, about 45 minutes.
3. Once ingredients are softened, add water or low sodium vegetable broth and continue to cook for another 5-10 minutes on medium heat or until soup is warm.
4. Remove pot from heat. Carefully, add soup through high-powered blender or food processor. Use an immersion blender if you have it!
5. Garnish with fresh or dried herbs and serve.

Carrot Ginger Soup

Submitted by Mary Teresa of San Antonio, Texas, participant in Rx for Better Breast Health

Ingredients:
3 tbsp. Canola oil
1 ½ lbs. carrots cut
2 cups chopped yellow onion
Tbsp. Salt
Tsp. of ginger minced
2 cups chicken stock
2 cups water

Preparation:
1. Warm canola oil in pot at medium heat cook onion and carrots stirring until onions soften. Add salt. Do not let carrots or onions brown.
2. Add chicken stock, water and ginger. Bring to a boil, lower temperature to simmer, cover and cook for 25 minutes until carrots are soft.
3. In blender, puree the soup in small batches.
Chicken Dumpling Soup

Adapted from All You Magazine (Doreen Parker) and submitted by Susie of Converse, Texas, participant in Rx for Better Breast Health

Ingredients (makes 6 servings):
- 2½ pounds cut-up whole chicken, bone-in, skin removed
- 6 cups low-sodium chicken broth
- 2 cups corn kernels, defrosted if frozen
- Salt and pepper
- 2 cups all-purpose flour
- 1½ tsps baking powder
- 4 tbsps unsalted butter, at room temperature

Preparation:

1. Place chicken and broth in a large pot and bring to a boil over high heat. Reduce heat to low and simmer, covered, until chicken is cooked through, 20 to 25 minutes.

2. Turn off heat and remove chicken pieces from pot, reserving broth. When cool enough to handle, remove meat from bones and cut it into bite-size pieces. Stir chicken and corn into broth and bring to a boil over high heat. Reduce heat to low and let simmer while dumpling dough is being made. Season with salt and pepper. Cover pot.

3. In a food processor, pulse together flour, 1 ½ tsp. salt and baking powder. Add butter and pulse until mixture resembles coarse meal. Add 1-cup water and pulse until mixture forms dough. (Don't over mix.)

4. Uncover pot and drop heaping tablespoons of batter into broth. Cover and simmer for 8 minutes or until dumplings are cooked through. Serve hot.

Chef Iverson Brownell Recommends
Add 2 tbsps chopped garlic and 4 chopped green onions!
Anti-Inflammatory Resources in Central Texas
Specialty Stores with Anti-Inflammatory Foods

- **Ali Baba International Food Market**
  9307 Wurzbach Road
  San Antonio, TX 78240
  210-691-1111
  [www.alibabasanantonio.com](http://www.alibabasanantonio.com)
  Specializes in: Middle Eastern foods; bulk, hard-to-find spices (like cardamom) at low prices

- **Chicho Boys Fruit Market**
  1631 South Laredo St.
  San Antonio, TX 78207
  210-225-7557
  [www.chichoboys.com](http://www.chichoboys.com)
  Specializes in: Fruit and vegetables

- **Himalayan Bazar**
  8466 Fredericksburg Rd.
  San Antonio, TX 78229
  210-614-8600
  Specializes in: Ethnic herbs, spices, vegetables

- **San Antonio’s Gourmet Olive Oils**
  1913 S. Hackberry
  San Antonio, TX 78210
  [www.sanantoniogourmetoliveoils.com](http://www.sanantoniogourmetoliveoils.com)

- **India Store**
  5751 Evers Rd.
  San Antonio, TX 78238
  210-681-3100
  Specializes in: Indian food, grocery

- **Vietnam Market**
  5360 Walzem Road
  San Antonio, TX 78218
  210-653-9911
  Specializes in: Asian food, herbs, spices, grocery

- **Rita’s Natural Food Market**
  111 IH35S Ste. B
  New Braunfels, TX 78130
  830-625-7472
  [www.ritasmarket.com](http://www.ritasmarket.com)
  Specializes in: Organic, vegan, gluten-free options

- **Con’ Olio Oils and Vinegars**
  215 Lavaca St.
  Austin, TX 78701
  512-495-1559
  [www.conolios.com](http://www.conolios.com)
  Specializes in: Olive oils, balsamic vinegars

- **Penzeys Spices**
  4400 N. Lamar Blvd
  Austin, TX 78756
  512-452-7721
  [www.penzeys.com](http://www.penzeys.com)
  Specializes in: Spices

- **Savory Spice Shop**
  10000 Research Blvd
  Austin, TX 78759
  512-795-0770
  [www.savoryspiceshop.com](http://www.savoryspiceshop.com)
  Specializes in: Herbs, spices

- **Gandhi Bazaar**
  3421 W William Cannon Dr
  Austin, TX 78745
  512-899-1000
  [www.ganhibazaar.com](http://www.ganhibazaar.com)
  Specializes in: Indian grocery
Restaurants with Anti-Inflammatory Foods

Earth Burger
818 NW Loop 410
San Antonio, TX 78216
210-524-1086
www.eatatearthburger.com
Specializes in: Burgers, vegan
Sample AI Menu Items: Kale salad, fish-less burger

Green Vegetarian (2 Locations)
200 E Grayson St.
San Antonio, TX 78215
210-320-5865
10003 NW Military Highway #2115
San Antonio, TX 78231
210-233-1249
www.greensanantonio.com
Specializes in: Vegetarian, vegan
Sample AI Menu Items: Cauliflower hot wings, kale salad, vegan cupcakes

Lick at Pearl
312 Pearl Pkwy
San Antonio, TX 78215
210-314-8166
www.likelick.com
Specializes in: Ice cream
Sample AI Menu Items: Thyme ice cream

O’liva Healthy Local Cuisine and Tasting Room
115 Plaza de Armas Ste. 107
San Antonio, TX 78205
210-229-2638
www.olivasa.com
Specializes in: American
Sample AI Menu Items: Ahi tuna aguachiles, nappa slaw with soy ginger vinaigrette

One Lucky Duck at Pearl Brewery
303 Pearl Parkway
San Antonio, TX 78215
210-223-3825
www.oneluckyduck.com
Specializes in: Salad, juice bar, vegetarian
Sample AI Menu Items: Kale caesar roll, curried vegetables with sprouted quinoa, organic teas

Señor Veggie
620 Presa St.
San Antonio, TX 78210
210-228-0073
www.senorveggie.us
Specializes in: Vegan
Sample AI Menu Items: Kale salad, broccoli stir fry

Continued on next page
Cancer-Fighting Recipes, Restaurants, and Markets in Central Texas

Sweet Yams
218 N. Cherry St.
San Antonio, TX 78202
210-229-9267
Specializes in: Gluten-free, vegetarian, soul food
Sample AI Menu Items: Sesame ginger shrimp, mint and honey green tea

Vegeria Vegan Restaurant
1422 Nogalitos St.
San Antonio, Texas
210-465-9233
www.myvegeria.com
Specializes in: Vegetarian Tex-Mex
Sample AI Menu Items: Ginger kale salad, the gratitude bowl

Thai Dee Restaurant
5307 Blanco Rd.
San Antonio, TX 78216
210-342-3622
www.thaideesa.com
Specializes in: Thai
Sample AI Menu Items: Ginger fish, basil fish

The Creek Restaurant
119 Staffel St.
Boerne, TX 78006
830-816-2005
www.thecreekrestaurant.com
Specializes in: American
Sample AI Menu Items: Trout amandine, Atlantic salmon

Valeria Farm to Table
109 Waterview Parkway
Boerne, TX 78006
830-331-1393
www.valeriarestaurant.com
Specializes in: GMO-free, organic where possible
Sample AI Menu Items: Warm garlic flatbread with organic garlic and parsley butter, Icelandic cod

Fresh Healthy Cafe
Creekside Crossing
601 Creekside Xing
New Braunfels, TX 78130
Phone Number: 830-264-2845
www.freshrestaurants.com
Specializes in: Smoothies, salads
Sample AI Menu Items: Green tea, chai tea, green smoothies

Naturally Cafe
494 N. Seguin Ave.
New Braunfels, TX 78130
830-214-6300
www.naturallynb.com
Specializes in: Smoothies, sandwiches, salads
Sample AI Menu Items: Ginger juice, broccoli salad

Amy's and Cathy's Takeout
210 S. Austin St.
Seguin, TX 78155
830-401-0989
www.amysandcathys.com
Specializes in: American
Sample AI Menu Items: Rice artichoke salad, rosemary cream cheese muffins

The Creek Restaurant
320 West Nolte St.
Seguin, TX 78155
830-433-4695
www.tavernonthecreek.com
Specializes in: American
Sample AI Menu Items: Pancetta roasted brussels sprout salad, garlic mashed potatoes

Casa de Luz
1701 Toomey Rd.
Austin, TX 78704
512-476-2535
www.casadeluz.com
Specializes in: Vegan, gluten-free
Sample AI Menu Items: Zucchini, leeks, and beets, blanched greens, sweet potato ginger soup

Sarah's Mediterranean Grill & Market
5222 Burnet Rd.
Austin, TX 78756
512-419-7605
www.sarahsmediterranean.com
Specializes in: Mediterranean
Sample AI Menu Items: Tabbouleh salad
Farmers Markets

The Yard Farmers & Ranchers Market
Produce Market
5300 McCullough Ave
210-722-5077

Hill Country Farmer’s Market
16611 Huebner Rd
San Antonio, TX 78248
210-954-1476
www.hillcountryfarmersmarket.org

Deerfield
16607 Huebner Rd
San Antonio, TX 78248
Saturdays 10a-2p

St. Andrews
16320 Huebner Rd
San Antonio, TX 78248
Fridays 10a-3p

The RIM
Parking lot of T.G.I. Friday’s Restaurant
17503 La Cantera Parkway
San Antonio, TX 78257
Sundays 10a-3p

Koch Ranches Gourmet Country Store
2114 Mannix Dr
San Antonio, TX 78217
210-858-9795

Hill Country Farmers
18039 IH-10 W
San Antonio, TX 78257
210-365-1090

Castle Hills Farm to Market
2211 NW Military Hwy
San Antonio, TX 78213
210-259-8359
www.localfarmtomarket.com
Sundays 10a-2p

Good Earth Farm to Market
2659 Eisenhaur Rd
San Antonio, TX 78209
Saturdays 9a-1p

78209 Farmers Market
1800 Nacogdoches Rd
San Antonio, TX 78209
210-892-1292
www.78209farmersmarket.com
Sundays 10a-2p

San Antonio Farmers Market
612 Commerce St
San Antonio, TX 78207
210-207-8596
www.sanantoniofarmersmarket.org

Olmos Basin
100 Jackson Keller (between San Pedro and McCullough)
San Antonio, TX 78216
Tuesdays and Saturdays 7:30a-1p

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Leon Valley Community Center  
6427 Evers Road  
Leon Valley, TX 78238  
Wednesdays 8a-1p

St. Matthews Catholic Church  
11121 Wurzbach Rd.  
San Antonio, TX 78230  
Fridays 8a-1p

Legacy Farmers’ Market  
18402 US Hwy 281N, Texas 1604 Access Rd  
San Antonio, TX 78259  
210-420-0488  
www.legacyfarmersmarket.com  
Saturdays and Sundays 10a-3p

Southtown Farmers Market  
136 Blue Star  
San Antonio, TX 78204

Pearl Brewery LLC  
Shopping Mall  
303 Pearl Pkwy #300  
210-212-7260  
www.atpearl.com/farmers-market.com  
Saturdays 9a-1p  
Sundays 10a-2p

Main Plaza Farmers Market  
115 W. Main Plz  
San Antonio, TX 78205  
210-337-3663  
www.safoodbank.org

Windcrest Farmers’ Market  
8500 Fourwinds Dr  
San Antonio, TX 78239  
210-559-0029

The Farmers Market at the Cibolo  
33 Herff Rd  
Boerne, TX 78006  
210-854-1116  
www.cibolo.org  
Saturdays 9a-1p

Smittyville Country Store  
789-803 Farm to Market 289  
Boerne, TX 78006

New Braunfels Farmers Market  
186 S. Castell Ave  
New Braunfels, TX 78130  
830-629-2223  
www.nbfarmersmarket.com  
Saturdays 9a-1p
Sugary Drink Alternatives

Steaz Carbonated Organic Green Teas
Size: 16 fl oz
Where to Find It: Sprouts, Whole Foods, Target
Other Information: Sweetened with stevia, zero calories, and contains antioxidants. It also is available in unsweetened and energy varieties.

Zevia Zero Calorie Soda in Various flavors
Size: 12 fl oz
Where to Find It: H-E-B, Central Market, Whole Foods, Other Information: Sweetened with stevia, an all-natural, no-calorie sweetener that doesn’t cause spikes in blood sugar levels.

Veri Organic Sodas in Various Flavors
Size: 12 fl oz
Where to Find It: Sprouts
Other Information: Organically flavored soda, 60 calories, non-GMO. No additives or preservatives. No artificial sweeteners.

Kombucha in Various Flavors
Size: 16 fl oz
Where to Find It: Sprouts, Whole Foods
Other Information: Kombucha is a fermented, carbonated black tea. It contains probiotics (gut-friendly bacteria) that help with digestion. Kombucha also has enzymes and b-vitamins that help with weight loss, increase energy, and detoxify your body.

Reed’s Ginger Brews in Various Flavors
Size: 16 fl oz
Where to Find It: Sprouts
Other Information: Homemade ginger ale using fresh ginger root. No preservatives, caffeine, GMOs and gluten.

La Croix Sparkling Water in Various flavors
Size: 12 fl oz
Where to Find It: Whole Foods, Costco
Other Information: 100% natural, no calories, no sugar, no sodium, no artificial sweeteners.