A Thanksgiving Menu with Cancer-Fighting Fiber, Vitamins and Minerals

The American Institute for Cancer Research provides a Thanksgiving menu full of cancer-fighting foods.

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For many, Thanksgiving is about getting together with family and friends to share a delicious meal and create new memories together. Even though Thanksgiving may look a little different in many households this year, that doesn't mean it won't be just as delicious! Whether you're cooking for a smaller crowd or participating in a virtual meal with family and friends, I encourage you to try making a new dish using colorful and tasty vegetables, fruits, beans, whole grains and nuts.

AICR has many delicious, plant-forward recipes that provide cancer-fighting fiber, vitamins, minerals and other phytochemicals that are great for your health! Don't know where to start? Here are some delicious options to help you plan this year's Thanksgiving menucancer:

Appetizer

Avocado Deviled Eggs

This delicious twist on deviled eggs is so creamy and satisfying, you'd never know it was a healthier version of traditional deviled eggs. Each egg is packed with protein and B-vitamins, as well as heart-healthy fat and fiber from the avocados.

Salad

Kale, Butternut Squash and Pomegranate Salad

A perfect combination of savory and sweet, this colorful, nutrient-rich salad will become a favorite addition to your Thanksgiving meal. The crunch from the walnuts and pomegranate seeds provides a nice contrast to the soft roasted butternut squash. The flavors are all brought together with a bright lemon maple vinaigrette.

Soup

Carrot and Apple Soup

This fall soup is full of deep orange carrots and bright red apples, colorful representations of the changing season ahead. Both foods contain cancer-fighting fiber and other potent protective compounds like beta-carotene (carrots) and quercetin (apples). A blender or food processor makes this dish decadent and creamy without a lot of calories.

Main Course

Herb Roasted Turkey Breast with Vegetables

If you're looking for an easier alternative to making a whole turkey for the holidays, try this simple roast. Individual turkey breasts are seasoned with flavorful herbs and cooked together with a medley of vegetables to add healthy nutrients and save time. Root and cruciferous vegetables like Brussels sprouts, sweet potatoes and carrots are packed with fiber and cancer-fighting phytochemicals.

Dessert

Pear Crisp

Looking for a warm, comforting and healthy dessert? Try making AICR's pear crisp recipe. Pears are a good source of fiber and vitamin C and even provide some potassium, which make them a great addition to your diet. The oats in this recipe provide whole grains and added fiber, while walnuts will give you a healthy dose of omega-3 fatty acids.

Drink

Ginger and Turmeric Hot Cider

Warm apple cider is the perfect comfort drink for fall and winter. AICR's version combines two potent spices – ginger and turmeric – for a unique flavor and nutrition profile. Fresh ginger contains a pungent substance called gingerol, while turmeric gets it characteristic yellow hue from the class of cancer-fighting compounds, curcuminoids. Both are being studied for their anti-inflammatory and antioxidant properties.

While this Thanksgiving will be unique for everyone, you can still enjoy a delicious and healthy meal no matter where you are! Check out other cancer protective recipes here to make this year's Thanksgiving extra special. For the most up to date information on safe gatherings, be sure to review the CDC Guidelines along with your local government guidance.

From all of us here at the American Institute of Cancer Research, we wish you a happy, healthy and safe Thanksgiving!

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