

## Fighting Food



This dish has been rigorously tested and approved by American Institute for Cancer Research recipe developers, dietitians and staff. In laboratory studies, many individual minerals, vitamins and phytochemicals demonstrate anticancer effects. Yet evidence suggests it is the synergy of compounds working together in the overall diet that offers the strongest cancer protection. According to expert report carrying excess body fat increases the risk of seven cancers. Vegetables and fruits are low in calories, which help us get to and stay a healthy weight. Whole grains and beans are rich in fiber and moderate in calories, which also help in weight management efforts

### Steamed Halibut with Ginger and Green Beans



Delicious recipes make getting and staying healthy a lot easier. This week's recipe pairs flaky, pacific halibut with potent ginger and steamed greens for a powerful cancer-fighting meal. The Monterey Bay Aquarium considers the Pacific variety the best choice for halibut. It's full of healthful omega-3 fatty acids, which have been shown to protect against cancer, as well as heart disease, inflammation and dementia. Plus steaming your meal and using a small amount of oil-based sauce instead of butter can cut down on calories and help you maintain a healthy weight.

Makes 4 servings.

Per serving: 200 calories, 7 g total fat (1 g saturated fat), 8 g carbohydrate,

26 g protein, 4 g dietary fiber, 410 mg sodium.

### Ingredients

- 1 lb. fresh green beans
- 1 lb. halibut (4 fillets), rinsed and patted dry
- 1/2 tsp. coarse sea salt
- 1 Tbsp. minced fresh ginger
- 3 Tbsp. thinly sliced green onions
- 1 Tbsp. low-sodium dark soy sauce
- 1 Tbsp. peanut oil
- 1 Tbsp. toasted sesame oil
- 1/4 cup fresh cilantro sprigs, lightly packed

### Directions

1. Steam green beans for about 5 minutes and set aside.
2. Gently rub both sides of the fillets with salt. Place them onto a heatproof ceramic dish. Sprinkle ginger over top.
3. Place dish onto a steamer over several inches of boiling water and cover. Gently steam fillets for 10 to 12 minutes.
4. Remove ceramic dish from steamer. Sprinkle green onions and drizzle soy sauce over fillets.
5. Heat peanut and sesame oils in small skillet over medium high heat until they just begin to smoke. Then carefully pour on top of fillets. Use caution because hot oil will cause onion and residual water on fillets to pop and spatter. Arrange green beans around fillets. Garnish fish with cilantro and serve immediately.

For more recipes from The American Institute for Cancer Research go to [www.aicr.org/](http://www.aicr.org/)

# SAFeway

## Real Big Deals

### for a Happier New Year

**Rancher's Reserve**  
Boneless Beef Top Round  
London Broil Steak  
Extreme Value Pack.  
SAVE up to \$2.50 lb.

**1.99** lb  
Club Price!

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Boneless Beef Top Round  
London Broil Steak  
Extreme Value Pack.  
SAVE up to \$2.50 lb.

**2.49** lb  
Club Price!

**waterfront BISTRO**  
Cooked or Raw Shrimp  
11 to 16-oz. Cooked or 21 to 25-oz. Raw. Frozen/Thawed.  
SAVE up to \$2.00 lb.

**7.99** lb  
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**waterfront BISTRO**  
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