

Crunchy Crucifer Coleslaw

Ingredients- Salad

- 2 cup chopped green cabbage
- 2 cup chopped red cabbage
- 1 cup chopped or shredded carrots
- 1 apple, medium size, chopped
- 1 cup pecans-lightly toasted, or other nuts or seeds
- Other ingredients as desired:
 - shredded broccoli
 - arugula leaves
 - halved cherry tomatoes
 - sliced cucumbers
 - broccoli or arugula or radish sprouts
- Other nuts/seeds as desired:
 - Sunflower seeds
 - Pumpkin seeds
- Dried cranberries or other dried fruit



Ingredients- Dressing

- 1/4 cup olive oil, extra virgin
- 3 Tbsp. raw apple cider vinegar
- 1 tsp. Dijon mustard
- 1 Tbsp. white miso paste or coconut aminos
- 1 tsp honey
- Spices as desired: oregano, thyme, turmeric

Instructions

1. Lightly toast pecans or other raw nuts or seeds –in a dry pan or oven (400-450 deg F- broil-2 min)-or until just lightly browned. Set aside.
2. Add salad ingredients to a bowl and mix.
3. Crush toasted pecans (or other nuts, seeds) into the salad and mix.
4. Whisk together dressing ingredients. Adjust flavors & seasonings to taste.
5. Add dressing to salad and mix.
6. Serve and enjoy!!!
7. Refrigerate the rest for up to 4 days.

Notes

Modify as you like and according to ingredients on hand.

For a time saving option, buy pre shredded veggies.

Refrigerate extra salad for future meals or snacks.

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Cabbage, Arugula, Broccoli- are types of Cruciferous Vegetables (members of the Brassica family) that are Superstars when it comes to fighting all forms of cancer. They are bursting with potent anticancer phytochemicals known as glucosinolates which includes sulforaphane and indole 3 carbinol. Studies have validated anti-cancer activity for many forms of cancer. In addition, increasing the intake of this family of veggies significantly increases the conversion of estrogen from cancer-producing forms to nontoxic breakdown products, which makes them especially protective against hormonally related cancers. Other members of this family include cauliflower, Brussel sprouts, collards, mustard greens, radish, daikon, watercress, arugula, rutabaga, kohlrabi, broccoli sprouts, and radish sprouts.

Crucifer Sprouts-have 10-50 times more cancer fighting sulphoraphane than the vegetable. Add some sprouts to a salad, sandwich or other favorite food-for added flavor and big time anti-cancer nutrition. Pick some up at a local farmers market or get some seeds and sprout your own.

The Brassica family of veggies are called “Crucifers” after the Latin word “cruciferae” meaning “cross bearing” since the flowers have four petals that resemble a cross.

References

- The Epigenetic Impact of Cruciferous Vegetables on Cancer Prevention, Published in final edited form as: [Curr Pharmacol Rep. 2015 Feb 1; 1\(1\): 46–51](#). Published online 2015 Jan 25. doi: [10.1007/s40495-014-0003-9](#)
[Kendra J. Royston](#), B.S.¹ and [Trygve O. Tollefsbol](#), D.O. Ph.D.^{1,2,3,4,5}
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