

# Food

## Veggies That Fight Cancer

The four-petal flowers from these veggies resemble a cross or "crucifer," hence the name. Broccoli is probably the best known cruciferous vegetable. Like Brussels sprouts, rapini, cabbage (green), cauliflower and turnips (white), it forms a "head." Others - known as the "headless crucifers" - include dark green leafy vegetables like kale and collard greens.

### What's in Cruciferous Vegetables?

They are foods that fight cancer, being good sources of vitamin C and Manganese, vitamin K and Glucosinolates.

Broccoli, Brussels sprouts, cauliflower and rapini also have folate, a B vitamin, and carotenoids such as beta-carotene.

Broccoli also contains potassium.  
Red cabbage supplies anthocyanins.



### Three Cs Salad

Makes 6 servings.

- 1 small cauliflower, cut into florets
- 1 cup finely shredded red cabbage
- 2 medium carrots, grated
- 1 small red onion, finely chopped
- 1/4 cup chopped walnuts
- 2 Tbsp. chopped fresh parsley
- 1 Tbsp. white vinegar
- 1 tsp. Dijon mustard
- 1 Tbsp. extra virgin olive oil
- 1 Tbsp. low-fat mayonnaise

Toss together cauliflower with cabbage, carrots, onion, walnuts and parsley.

Whisk together vinegar, mustard. Add oil and mayo and whisk.

Drizzle over salad and mix well.

Per Serving: 90 calories, 6 g total fat (1 g saturated fat), 7 g carbohydrates, 2 g protein, 2 g dietary fiber, 70 mg sodium.

### Broccoli Sauté

Makes 10 servings, 1/2 cup each.

- 1-2 heads of broccoli crowns (about 1lb.)
- 1 Tbsp. extra-virgin olive oil
- 2 cloves garlic, finely minced
- 1 tsp. red pepper flakes
- Salt and freshly ground black pepper, to taste

Separate the broccoli florets from the stalk. In a shallow bowl filled with 2 Tbsp. of water, steam the broccoli, covered, for 1-minute. The broccoli should be bright green, but still crisp. Drain the broccoli and set aside.

Meanwhile, heat the oil in a medium-size sauté pan over medium heat. Add the garlic and cook for 1 minute, stirring frequently. Add the red pepper flakes and cook for 30 seconds more. Add the steamed broccoli, stirring well to coat the florets. Cook for 2 minutes. Season to taste with salt and pepper.

Per serving: 25 calories, 1.5 g total fat (0 g saturated fat), 3 g carbohydrate, 1 g protein, 1 g dietary fiber, 40 mg sodium.



All these recipes are from the American Institute for Cancer Research [www.aicr.org/foods-that-fight-cancer/](http://www.aicr.org/foods-that-fight-cancer/)

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(UNLESS OTHERWISE NOTED)

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August 7, 2013 The Portland Skanner Page 9