

CRUCIFEROUS WONDERS



Do you include cruciferous vegetables in your diet?

If you do, you are enjoying great tastes and benefiting from some of the most powerful cancer protective substances yet discovered. . .

A large body of evidence suggests that cruciferous vegetables contain phytochemicals that may help reduce cancer risk. For example, *dithiolthiones* and *isothiocyanates* seem to increase the activity of enzymes involved in detoxifying carcinogens (sulforaphane found in broccoli is a well-known isothiocyanate). *Indoles*, another cruciferous compound, appear to alter the metabolism of hormones in ways that might help prevent or reduce the growth of hormone sensitive tumors.

Surveys show that we're not eating enough cruciferous vegetables. There is a wide variety of cruciferous vegetables (see box), so explore their flavors and textures to discover the ones you enjoy the most. You may find that some cruciferous vegetables have a "sharp" taste (studies suggest that some individuals are more sensitive to this taste than others). Cooking methods, seasonings, and pairing with other foods are strategies to mellow this assertive flavor.

On your next shopping trip why not try out a new cruciferous vegetable? Combined with a variety of other types of vegetables, which offer additional health benefits, you'll ensure a diet that offers great protection against cancer.

Flavoring Crucifers

Brief cooking is best for flavor and to preserve the activity of protective compounds: stir fry or steam briefly.

- Add flavorings (olive oil, teriyaki sauce, Parmesan cheese, or garlic).

Enjoy many cruciferous vegetables raw in salads or with a lowfat dip (cooking can bring out a bitter taste).

- Use cruciferous vegetables in mixed dishes, salads, soups, lasagnas, casseroles, or omelets.



CRUCIFEROUS

Arugula

Bok Choy

Broccoli

Brussels Sprouts

Cabbage

Cauliflower

Greens
(Collard, Mustard, Turnip)

Kohlrabi

Kale

Radishes

Rutabaga

Turnips

Watercress

prostate cancer protection

One study reported that men who ate at least three 1/2-cup servings of cruciferous vegetables per week had a 41% decreased risk of prostate cancer compared to men who ate less than one serving per week.



J Nat Cancer Inst. Jan. 5, 2000.

CRUNCHY BOK CHOY SALAD

Dressing

- 2 *tblsp.* sugar
- 3 *tblsp.* cider vinegar or seasoned rice vinegar
- 3 *tblsp.* soy sauce (preferably tamari)
- 1 *tblsp.* peanut butter (creamy, no sugar added)
- ½ *tsp.* curry powder (more to taste)
- ¼ *tsp.* crushed red pepper (or 1/8 *tsp.* cayenne)

Salad

- 1 3-oz. *pkg.* ramen noodles
- ¼ *cup* dry-roasted peanuts
- 3 *cups* thinly sliced bok choy (include stalks and greens)
- 1 *cup* very thin red bell pepper strips
- ½ *cup* shredded carrot
- ½ *cup* diagonally cut green onions

1. Combine dressing ingredients in a large bowl; stir well with a whisk.
2. Crumble ramen noodles; discard seasoning packet.
3. Combine crumbled noodles, peanuts, bok choy, and the remaining ingredients in a large bowl.
4. Drizzle dressing over a salad; toss gently to coat. Serve immediately.

MAKES FIVE 1-CUP SERVINGS.

PER SERVING: 180 calories, 6 g protein, 9 g fat (2 g sat), 0 mg cholesterol, 22 g carbohydrates, 3g fiber, 705 mg sodium, 285 mg potassium, and 55 mg calcium.

Count each serving as 2 Vegetable Servings.

Adapted from *Cooking Light* Magazine, August 2001.

GARLICKY GREENS

Do you sometimes wonder how to cook that wonderful and colorful bunch of greens you see at the market? This easy recipe is the answer! On their own greens are a powerhouse of nutrients, but the garlic and onions in this recipe add more cancer fighting compounds while providing exceptional flavor. Steamed briefly in a little olive oil, this dish is sure to convert you into a leafy greens fan! Use jarred pre-chopped garlic to reduce preparation and cleanup time.

- 10 *cups* uncooked kale (about 2 bunches)
- 10 *cups* uncooked greens (e.g., beet, spinach, chard)
- 2 *tblsp.* olive oil
- 2 *cups* red onion (1 large onion) cut into half moons
- ½ *cup* garlic (about 1 head), minced
- 1 *tblsp.* tamari

1. Wash the kale and other greens. Remove and discard tough stems. Cut the leaves into 1/2-inch strips.
2. In a large skillet, heat the oil. Add the onions. Sauté for 5 minutes or until the onions are well cooked.
3. Add greens and garlic and a splash of water if greens are not still wet from washing. Cover to steam for 2 minutes.
4. Uncover, add tamari, and sauté for 3 minutes. Serve hot.

MAKES SIX SERVINGS.

PER SERVING: 120 calories, 5 g protein, 17 g carbohydrate, 7 g fat (<1 g sat) 0 mg cholesterol, 4 g fiber, 200 mg sodium, 600 mg potassium, and 180 mg calcium.

Count each serving as 1½ Vegetable Servings.

Adapted from *Hope's Edge: The Next Diet for a Small Planet* by Frances Moore Lappe & Anna Lappe; Tarcher, 2002.

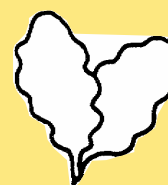
Other Crucifer Combinations

- Toss Brussels sprouts with honey mustard
- Drizzle lemon juice or tamari sauce on broccoli
- Serve cabbage with cooked apples or applesauce



Roasted Vegetables

Intensify flavors and bring out the natural sweetness of cruciferous vegetables. Drizzle Brussels sprouts and cauliflower florets with a little olive oil and seasoning of choice (e.g., garlic, pepper) and roast in a 450° oven until tender (about 15 minutes).



Garlicky Greens & Artichoke Salad

Enjoy Garlicky Greens leftovers the next day for a nutritious quick lunch or supper. Simply add quartered, drained artichokes and sliced hard boiled eggs to cold Garlicky Greens. Toss and serve.