

Starry Cabbage Salad  
Sofia Dahlgren 2018

"Cabbage is a truly amazing vegetable. Like broccoli, cauliflower, Brussels sprouts, kale and watercress, cabbage belongs to the cruciferous family and like the others in this family it has a powerful ability to fight against the development of cancerous cells in the body. In ancient times these plants were mainly cultivated for their medicinal properties and cabbage was seen during this age as a food essential to good health.

Based on several studies regular consumption of cruciferous vegetables has proven to decrease the risk of many cancers including lung, gastrointestinal, prostate and breast. This is because these vegetables contain compounds with high anti-cancer activity including powerful plant compounds such as sulphoraphane and indole-3-carbinol. Sulphoraphane assists the body in excreting toxic substances that have been linked to the development of cancers and has also been shown to act directly on cancer cells by triggering apoptosis (programmed cell death)<sup>i</sup>. Indole-3-carbinol has been shown to have an impact on oestrogen metabolism by causing modifications in the structure of oestradiol, which reduces the hormone's ability to cause cell growth in tissues such as breast, cervical and uterine cancers<sup>ii</sup>.

Turmeric is another star of the meal containing a compound called curcumin. Curcumin is an anti-inflammatory antioxidant responsible for the intense golden colour of turmeric. Anti-cancer effects of curcumin include prevention of new blood vessels (angiogenesis)<sup>iii</sup> needed for the tumour to grow as well as anti-inflammatory actions. Cancer depends on inflammation to survive and grow and the avocado and hempseeds in this recipe are packed full of healthy fats with inflammation-fighting activity."

Ingredients:

Serves 4 people

3 cups of thinly sliced red or white cabbage (I grate mine in a food processor)

4 ripe avocados

3 apples (do not peel since the skin is full of antioxidants)

1 small red onion

Knob of ginger (about half size of your thumb)

Juice from 1.5 lemons depending on how sour you like it

Hempseeds to sprinkle

Pink Himalayan Crystal salt to taste

Black pepper to taste

Turmeric

Grate the cabbage and put in a bowl. Mash two of the avocados and massage into the cabbage. Chop two apples into small cubes and mix in the salad. Add the lemon juice and finely grated ginger (the ginger can be quite overpowering so do not add all of it at once; add to taste) and

mix. Add a pinch if desired of Pink Himalayan Crystal Salt and black pepper to taste. Cut the other two avocados into cubes and mix in the salad just before serving.

To make the stars use a mandolin or thinly slice the apples. Use the left over lemon to squeeze over some lemon juice over the apples so they do not oxidise. Use a mini star shaped cookie cutter to cut the star shapes. Rub in some turmeric powder into the apple pieces together with some lemon juice until they turn yellow.

Put the cabbage salad in the centre of a plate and decorate with stars. Sprinkle with some hempseeds before serving.

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<sup>i</sup> Department of Medical Biology and Genetics, University of Gdańsk, Wita Stwosza 59, Gdańsk 80-308, Poland. 2 Department of Medical Biology and Genetics, University of Gdańsk, Wita Stwosza 59, Gdańsk 80. (2017). *Sulforaphene, an isothiocyanate present in radish plants, inhibits proliferation of human breast cancer cells.*. Available: <https://www.ncbi.nlm.nih.gov/pubmed/28515021>. Last accessed 3/3/18.

<sup>ii</sup> Dipartimento di Farmacia, University of Salerno, via Giovanni Paolo II, 84084, Fisciano, Italy. 2 Department of Drug Sciences, Medicinal Chemistry and Pharmaceutical Technology Section, Pavia Universi. (2017). *Two likely targets for the anti-cancer effect of indole derivatives from cruciferous vegetables: PI3K/Akt/mTOR signalling pathway and the aryl hydrocarbon receptor.*. Available: <https://www.ncbi.nlm.nih.gov/pubmed/28596013>. Last accessed 3/3/18.

<sup>iii</sup> Department of Pharmacognosy, School of Pharmacy, Mashhad University of Medical Sciences, Mashhad. Iran. 2 School of Biomedical Sciences & Curtin Health Innovation Research Institute, Curtin University. (2018). *Anti-angiogenic activity of curcumin in cancer therapy: a narrative review.*. Available: <https://www.ncbi.nlm.nih.gov/pubmed/29424316>. Last accessed 3/3/18.