

Coleslaw

By Elissa Lorenzen



Serves 8-10

1 bag tri-color coleslaw mix
1 small can corn
1 green pepper chopped
Red wine vinegar
½ cup canola mayonnaise
salt and pepper

In a bowl, combine all the ingredients. Season with salt and a lot of freshly ground pepper. To add the red wine vinegar, give about 10 hard shakes of the bottle, adding more or less according to your taste.

Much research has focused on the beneficial phytonutrients in cabbage, particularly its indole-3-carbinole (I3C), sulforaphane, and indoles. These two compounds help activate and stabilize the body's antioxidant and detoxification mechanisms that dismantle and eliminate cancer-producing substances. I3C has been shown to improve estrogen detoxification and to reduce the incidence of breast cancer.