
Cabbage, Beet, and Apple Slaw

6 cups	cabbage, thinly sliced
¾ cup	carrots, coarsely shredded
¾ cup	raw beets, coarsely shredded
¼ cup	red onions, finely chopped
1 large	apple, shredded
6 tbsp	mayonnaise
¼ cup	plain organic yogurt
3 tbsp	apple cider vinegar
1 ½ tbsp	honey
	salt and freshly ground pepper, to taste

In a large bowl, combine cabbage, carrots, beets, onions, and apple. To prepare the dressing, in a small bowl whisk together mayonnaise, yogurt, vinegar, and honey. Pour over vegetables and toss until well mixed. Season with salt and pepper.

Adapted from Rosie Schwartz, *The Enlightened Eater's Whole Food Guide*.

Nutritional Value of Select Ingredients

Cabbage – The king of the cruciferous vegetable family, cabbage provides many anti-cancer nutrients. It increases the rate at which the body breaks down excess estrogen via the liver. It also helps improve digestion and helps in the treatment of peptic ulcers.

Carrots – Carrots are one of the best sources of beta carotene, which balances the immune system and reduces the risk of many cancers. They also guard against cardiovascular disease, reduce inflammation, slow the aging process, and are great for digestion disorders. Contain fibre, calcium, iron, and many other vitamins and minerals.

Beets – The beetroot is an excellent source of folic acid, and a great source of fibre, manganese, and potassium. It is an excellent tonic for the liver, has anti-cancer properties, increase bowel function, and decrease cholesterol levels. The greens are even higher in nutritional value than the roots; they are rich in calcium, iron, and vitamins A and C.

Onions – Because they are high in sulfur, onions help lower cholesterol, inhibit cancerous tumor growth, help manage diabetes, and are an anti-inflammatory, antibacterial, and antifungal food that are also a blood tonic. Eat them daily – raw or cooked.

Apples – This fruit is very high in fibre, helps detoxify the body, helps stabilize blood sugar, and protects against the effects of radiation. Apples reduce the risk of heart disease, cancer, asthma, and type 2 diabetes. They are high in many vitamins, minerals, and phytoestrogens. Choose organic or wash thoroughly before use though – conventional apples can be sprayed with pesticides as many as 17 times before they make it to your table.

Yogurt – Fermented food such as yogurt have been eaten for their health benefits for over a hundred years. *Lactobacillus acidophilus* found in yogurt helps to maintain intestinal microflora balance and keep harmful bacteria in check. It can help with treating and preventing diarrhea, lowering blood cholesterol, preventing cancer, and enhancing immune function.