

Let's Give Thanks for Veggies

Recently questions have come up in our PCIG about whether organic red meat is acceptable in the diet of men with prostate cancer or whether it should be avoided entirely. While I seek reliable expert advice, this column will stick to versatile vegetables for tasty good health. So here are some side dishes that can be served with the Thanksgiving turkey.

According to the AICR (American Institute for Cancer Research): No single food or food component can protect you against cancer by itself. But strong evidence does show that a diet filled with a variety of plant foods such as vegetables, fruits, whole grains and beans helps to lower risk for many cancers.

In laboratory studies, many individual minerals, vitamins and phytochemicals demonstrate anti-cancer effects. Yet evidence suggests it is the synergy of compounds working together in the overall diet that offers the strongest cancer protection.

Carrying excess body fat increases the risk of seven cancers.

Vegetables and fruits are low in calories, which help us get to and stay a healthy weight. Whole grains and beans are rich in fiber and moderate in calories, which also help in weight management efforts.

Red Cabbage with Apples

(From AICR)

Red cabbage and radishes supply anthocyanins. Other cruciferous vegetables provide different polyphenols, such as hydroxycinnamic acids, kaempferol and quercetin.

An elegant side dish can make any good meal great. This colorful crisp cabbage dish is light, bright and the perfect complement to any meal.

- 2 cups apple juice or cider
- 2-4 Tbsp. apple cider vinegar
- 1/2 tsp. allspice

3 cups shredded red cabbage
 1 cup grated red apple
 Pinch of salt

- In medium saucepan, bring apple juice, vinegar and allspice to a boil.
- Add cabbage, apple and salt. Simmer, uncovered for 30 minutes, stirring occasionally.
- Serve warm or cold.

Makes 4 servings.

Nutrition information per serving: 96 calories, <1 g total fat (0 g saturated fat), 24 g carbohydrates, 1 g protein, 3 g dietary fiber, 85 mg sodium.

Fennel, Mushroom & Radish Salad

(Adapted from David Tanis in *The New York Times*)

This colorful salad does not require cooking or heating. So it is perfect for Thanksgiving when the oven and stove top. It provides a good source of dietary fiber & vitamin C. Both nutrients are contributed by the fennel. The fat in the recipe is from the olive oil & is primarily monounsaturated fat which is heart healthy.

1 clove garlic, minced
 2 tablespoons fresh lemon juice
 Grated zest of one lemon
 1/8 teaspoon salt
 1/8 teaspoon pepper
 4 tablespoons good olive oil
 3 fennel bulbs, trimmed
 4 ounces firm white button mushrooms, wiped clean or quickly rinsed
 6 radishes
 8 pitted Kalamata olives, sliced in half

Nutrition Facts

Serving Size (252g)		Servings Per Container	
Amount Per Serving			
Calories 240	Calories from Fat 160		
		% Daily Value*	
Total Fat 18g			28%
Saturated Fat 3g			15%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 370mg			15%
Total Carbohydrate 16g			5%
Dietary Fiber 6g			24%
Sugars 1g			
Protein 5g			
Vitamin A 6%		Vitamin C 45%	
Calcium 15%		Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			

¼ cup Chunk of Parmesan, for shaving (1 tablespoon per serving)
Handful Italian flat parsley leaves or fresh mint, optional

- Place garlic in a small bowl. Add the lemon juice and zest, salt and pepper. Whisk in the olive oil.
- Thinly slice the fennel bulbs, mushrooms and radishes. Put them in a salad bowl with the olives. Add about ¾ of the dressing and toss gently.
- Use a vegetable peeler to shave 4-6 curls of Parmesan over the salad. If you like, garnish with the parsley or mint leaves. Drizzle with the remaining dressing.

Makes 4 servings.

Nutrition Information per serving (¼ of recipe): 235 calories, 5 g protein, 16 g carbohydrate, 6 g dietary fiber, 18 g fat, 4 mg cholesterol (if Parmesan cheese used), 369 mg sodium; 45% of daily value for vitamin C.

Farmer's Market Beet Slaw

(from *More Nutrition Still Delicious* edited by The Nutrition Council of Greater Cincinnati)

Green cabbage is a good source of vitamin C. Again, no cooking!
Pretty colors too.

- 1 medium head of green cabbage
- 1 medium white onion
- 2 medium carrots, peeled
- 4 medium raw beets, ends cut off and peeled (peel under running water in sink to minimize beet juice)
- 1-inch piece fresh ginger root, peeled
- 1/3 cup fresh parsley
- ¼ cup chopped fresh chives

Dressing:

1/3 cup canola oil

2 tablespoons cider vinegar

4 tablespoons fresh lemon juice

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

- Using shredder on food processor, shred cabbage, onion, carrots, beets and ginger root. Transfer to 2-quart bowl,
- Add chopped parsley and chives.
- In a small bowl, combine dressing ingredients; using wire whisk or fork, stir to mix thoroughly.
- Pour dressing over vegetables; stir to combine.
- Refrigerate covered, 30 minutes before serving.

Makes 10 servings (about 3/4 cup per serving)

Nutrition information per serving: 133 calories; 2 g protein; 11 g carbohydrate; 4 g dietary fiber; 9 g fat; .5 g saturated fat; 0 mg cholesterol; 150 mg sodium