

Orange elixir:
This blend of
orange and
lime juices,
gingerale and
herbs - fra-
grant rose-
mary, sooth-
ing mint and
bay leaf - will
refresh and
delight the
senses.



BY DANA JACOBI
SPECIAL WRITER

We associate cole slaw with hearty foods that have North European roots, so it's apt that its name derives from the Dutch *kool sla*. Yet this salad's main ingredient, cabbage, originated in the east Mediterranean, where it was quite popular in ancient Rome and Greece.

Carried north and west by Rome's imperial armies, it has traditionally been served, from Russia to Ireland, in robust soups boiled to a soggy mass, or pungently pickled as sauerkraut.

Cole slaw is an appealing way to serve this feisty cruciferous vegetable, so rich in the antioxidants and indoles that help reduce cancer risk. Served raw, it also retains more water-soluble nutrients, including vitamin C.

Traditionally, cole slaw is shredded cabbage swimming in a sharp-sweet, creamy dressing loaded with mayonnaise and sugar. But more recently, the influence of newly-introduced ingredients from around the globe have inspired dozens of new versions that capitalize on everything from succulent Napa cabbage to Asian roasted sesame oil and smoky chipotle chiles.

Using a variety of cabbages to make cole slaw adds interest and nutritional benefits. Crinkle-leaved Savoy is more tender than

the usual red and green cabbage with bowling ball-hard heads. Savoy cabbage is also rich in beta-carotene. Napa cabbage, which resembles a tall, pale head of romaine lettuce standing firmly at attention, is crisp, succulent and milder tasting. Like Savoy, it is a good source of beta-carotene and provides more calcium than other cabbages.

Crunchy Slaw has everything you like in a classic cole slaw and then some. Its base of Napa cabbage is crisp and refreshing. Pineapple adds a tart-sweet tang. The creamy dressing of yogurt with mayonnaise reduces fat and cholesterol - an extra benefit everyone loves.

CRUNCHY SLAW

- 4 cups Napa cabbage, cut crosswise in 1/2-inch strips
- 1 cup finely shredded red cabbage
- 3 scallions, white and green parts, cut in 1-inch pieces
- 1 medium carrot, shredded
- 1 large celery rib, thinly sliced
- 1 medium green bell pepper, seeded and cut in thin strips
- 1 large pineapple slice (canned or fresh), cored and cut in thin 1-inch strips



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Crunchy slaw: This slaw's base of Napa cabbage is crisp and refreshing. Pineapple adds a tart-sweet tang.

- 1/4 cup non-fat yogurt
- 1 tablespoon low-fat mayonnaise
- 2 tablespoons rice vinegar
- 1/4 teaspoon dry mustard powder
- Salt and freshly ground black pepper, as desired

Place Napa and red cabbages in large bowl. Cut scallions into fine strips and add to bowl. Add carrots, celery, bell pepper and pineapple.

In small bowl, combine yogurt, mayonnaise, vinegar, mustard

powder and salt. Add to vegetables and toss to combine. Season to taste with salt and pepper.

Cover bowl with plastic. Refrigerate 1 hour or overnight before serving. Makes 4 servings.

Nutritional information per serving: 71 calories, less than 1 g. fat (less than 1 g. saturated fat), 16 g. carbohydrate, 3 g. protein, 4 g. dietary fiber, 84 mg. sodium.

Dana Jacobi writes for the American Institute for Cancer Research, is author of *The Joy of Soy* and also creates recipes for the AICR.

Refresh with oranges

BY DANA JACOBI
SPECIAL WRITER

The word orangeade sparks memories of orange pressé, a classic cooler from France. As much a ritual as a drink, it starts with fresh-squeezed juice half filling a slender glass holding a long-handled, slim spoon. On the waiter's tray next to the glass stood a short, rotund bottle of sparkling water and a silver-topped glass sugar shaker.

To make this drink, the pulpy juice is extracted from oranges, usually ones from Jaffa, a tart variety rarely seen in this country. The aromatic oil extracted from the skin during the brisque pressing adds a refreshing, faintly sharp counterpart to the sugar used to sweeten the juice. As sparkling water is poured in a glass holding the juice, a fine mist dances up, cooling your face while the mixture fizzes. Avoiding an overflow rush of golden foam at this critical moment requires practice and precision.

Orangeade also brings to mind a revitalizing Shaker elixir. A religious group founded in the 18th century, the Shakers lived in communities where farming and hand-crafted goods were as important as their spirituality. The Shakers are famous for the elegantly spare furniture they designed and made. Cookbooks sharing their recipes reveal that they were skilled at using herbs both for flavoring and in tonics.

ORANGEADE WITH HERBS

- 3 tablespoons coarsely chopped fresh rosemary
- 1 cup coarsely chopped mint leaves
- 1 bay leaf
- 1/3 cup sugar
- 1 can (6 ounces) orange juice concentrate
- 3 cups regular (or diet) gingerale
- Juice of 2 limes
- Ice cubes
- 4 sprigs mint, for garnish
- 4 sprigs rosemary, for garnish

Place rosemary, mint and bay leaf in medium saucepan. Add 1 cup water. Bring to boil over medium heat. Cover, reduce heat and simmer 3 minutes. Remove from heat. Steep 20 minutes. Strain off liquid into small bowl. Mix in sugar. Pour hot herb syrup into large pitcher. Stir in juice concentrate, gingerale and lime juice.

Half-fill 4 large glasses with ice cubes. Pour in orangeade mixture. Garnish each glass with mint and rosemary sprigs. Serve immediately. Yields 4 servings.

Nutritional information per serving: 197 calories, 0 g. fat (0 g. saturated fat), 50 g. carbohydrate, 1 g. protein, less than 1 g. dietary fiber, 14 mg. sodium.

Dana Jacobi, writes for the American Institute for Cancer Research, is author of *The Joy of Soy* and also creates recipes for the AICR.

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