## Indian-style kebabs have great flavor, color

Grilling, that all-American pastime, is an easy way to cook, but unfortunately, it may increase the risk of cancer. The high heat of grilling, along with the typical smoke and flare-ups,

marinating the chicken for a few hours (or even ownight,). thread the chicken onto skew-ers, alternating them with pieces of green pepper, wide crescents of red onion and chunks of fresh pincapple. This makes each kebab a generous serving that uses just three ounces of chicken.

high heat of grilling, along with the typical smoke and likear-ups, creates two types of carcinogens. One of my favorite grilled diabes, the Indian kebabs called tikkas, avoids the health risks posed by grilling with a few simple techniques that also add great flavor and color.

Resembling tandoori chicken are made with lean, skinless chicken breasts that have barely enough fat to drip and cause smoking. Cut in small pieces, the boneless meat cooks quickly, leaving less time for harmful compounds to form.

Scientists have found that marinades greatly reduce the risk of carcinogens forming, so I developed a spicy yogurt marinade that also makes these kebabs succulent and imbues them with spicy flavor. After

AMERICAN INSTITUTE FOR CANCER RESEARCH

Tikkas are Indian-style kebabs made with chicken, green pepper, wide crescents of red onion, and chunks of fresh pineapple. Served over rice, or tucked into a warmed pit a bread along with some shredded lettuce, these tikkas make a well-rounded, complete meal.

pineapple 1 medium red onion, cut in 20 wedges

wedges
1 large green bell pepper, cut in
20 pieces
Canola oll cooking spray

In a medium bowl, combine yogurt, garlic, ginger, tomato paste, curry powder, salt and pepper. Mix in chicken to coat on all sides. Cover bowl and refriger-ate 2 to 6 hours.

Remove chicken from mari-nade, scraping off and discarding most of marinade. Onto each

Preheat grill or broiler. Soak skewers in water at least 15 min-utes.

skewer thread a piece of pineap-ple, then chicken, onion wedge and green pepper. Repeat, minus pineapple, until each kebab contains 6 pieces of chicken, 5 onion wedges, 5 pieces of pepper and 2 pineapple cubes, one cube at each end.

one cube at each end.

To help prevent charring, sprsy kebabs with cooking oil spray.
Cook skewers 4 to 5 minutes, making sure they are far enough from the heat source to avoid charring. Turn and cook until charring. Turn and cook until chicken is opaque throughout, about 4 minutes.

Serve kebabs, Kebabs go espe-cially well with freshly-cooked brown rice or tucked inside pita bread lined with lettuce leaves.

Makes 4 servings. Per serving: 161 calories, 2 g. total fat (less than 1 g. saturated fat), 14 g. carbohydrate, 23 g. protein, 2 g. dietary fiber, 81 mg. sodium.

mething Different" is written for the American Institute for Cance Research by Dana Jacobi, author of The Joy of Soy, and recipe creator for AICR's Stopping Cancer Before It

## This Coleslaw has special spicy Tex-Mex flavor

All you know for sure when served cole slaw is that it will have cabbage in it. The name comes from the Dutch word kool-sla, which means "cool cabbage." There are as many kinds of cole slaw as there are cooks. But they coll staw with cabbage.

slaw as there are cooks. But they all start with cabbage.

For many years, cole slaw meant not only cabbage but also mayonnaics. But in these more health-conscious times, cole slaws are often dressed with a vinaigrette instead, CThis savy approach also works well with potato salad.)

Using an oil-instead of mayonnaise-based dressing could cut back some of the fat and calories awell as some of the concerns

as well as some of the concerns

as well as some of the concerns about spoilage in warm weather. Scientists believe that crucifer-ous vegetables like cabbage con-tain natural phytochemicals that can alter cancer-related enzymes,

reducing the damage caused by carcinogens. While broccoli has received most of the publicity for this research, the whole cruciferthis research, the whole enuclifer-ous family - including enuliflower, Brussels sprouts, kale, chard, bok choy, collards and radishes - con-ains related substances. These protective phytochemicals exist whether the vegetables are eaten cooked or raw. When served raw, however, cabbage retains more water-soluble nutrients, includ-ing vitamin.

ing vitamin C. Further studies have shown that cabbage contains the phyto-chemical group called indoles, which seem to boost enzymes that make estrogen less effective at promoting breast cancer. Another study, of men, suggests that cruciferous vegetables such as cabbage may help prevent bladder cancer. Tex-Mex coleslaw gets its zip from the mild tang of its dressing, but allows the sweet taste of all that good cabbage to come through.

TEX-MEX COLESIAN

11/4 pounds green cabbage 1 small or medium onlon, sliced 1/4 teaspoon garlic powder (or 2 garlic cloves, minced)

2 teaspoons sugar V3 cup red wine vinegar

3 tablespoons earth virgin olive oil or canola oil Hot pepper sauce to taste (few drops to 1/4 teaspoon) Sall and freshly ground black pep-per, to taste

per, other Remove outer leaves of the cab-bage, then core and shred. Transfer cabbage to a large serving bowl. Combine remaining ingredi-ents in a blender or food processor and pureé to make the dressing.

Observer & Eccentric

(Dressing should have a mild, but not overpowering, tang.) Add to cabbage and toss well.

Makes 6 cups or 12 servings.

Coleslaw can be made 2 to 3 days before serving if stored, covered, in refrigerator. Site well, herke scales as one, carbohydrate, less than 1 g, protein, 1 g, dietary fiber, 9 mg, Moles George 12 servings



