

## Indian Cabbage Mango Salad

Cabbage is an effective anti cancer food because it provide anti-carcinogenic *glucosinolates*. Eating cabbage raw is good because you do not kill the special *myrosinase* enzyme that makes the cabbage so healing especially for the colon.

**Tadka** is the basic Indian method for transferring the flavor from spices to food. First, the spices are added to very hot oil. The sizzling infusion or tadka is then used to flavor a dish.

2-4 servings

2 cups tightly packed shredded cabbage

1 small green Serrano chili seeds removed, minced

½ cup julienne carrots

1 mango cut into 2" slices

2 Tb lemon juice

½-1 tsp Celtic sea salt

1 Tb coconut oil

½ tsp black mustard seeds

- In a medium bowl toss together the cabbage, chili, carrot, mango, lemon juice, and salt. Taste and adjust seasoning. You are looking for a well balanced sweet and sour taste.
- **Make the Tadka:** Heat the oil in a small skillet over high heat. When the oil begins to smoke, add the mustard seeds, covering the pan with a lid or spatter screen. When the seeds stop popping (a few seconds) immediately pour the oil over the cabbage salad and toss well.
- Let the salad sit for 15 minutes allow the flavors to blossom.
- Serve at room temperature.