



SUNSET SLAW

Serves Four to Six

Ingredients:

- ¼ teaspoon Cajun seasoning
- ¼ teaspoon red pepper flakes
- ¼ teaspoon cumin seed
- 1 tablespoon honey
- 2 limes – zest and juice of
- ¼ cup extra virgin olive oil
- 1 carrot, washed, dried and cut into fine strips
- 1 small jicama, washed, peeled and cut into fine strips
- ½ red bell pepper, seeds removed, cut into fine strips
- ½ yellow bell pepper, seeds removed, cut into fine strips
- ¼ cup sun-dried tomatoes, roughly chopped
- 1 red Thai chili pepper, cut into fine dice
- 1 tablespoon cilantro, freshly chopped

Preparation:

- 1. Place the Cajun seasoning, red pepper flakes, cumin and honey into large bowl. Add the zest and juice of 2 limes. Whisk in oil.**
- 2. Add the remaining ingredients and mix together well. Cover with plastic and place in refrigerator to infuse the flavors for at least 1 hour. Allow to come to room temperature before serving.**

BELL PEPPER

Bell peppers contain very high amounts of vitamin C and vitamin A. One cup of raw, red bell peppers supplies roughly 290 percent of the recommended daily allowance of vitamin C and 105 percent of the recommended daily value for vitamin A. Bell peppers also contain significant amounts of vitamin B6 and dietary fiber.

EXTRA VIRGIN OLIVE OIL

Helps the body maintain healthy blood pressure levels and reduces risk of heart disease – the leading cause of death in Western cultures. Additionally, an olive oil rich diet has been shown to improve brain health and help prevent or delay the onset of diabetes.

JICAMA

Jicama is a good source of potassium, dietary fiber and vitamin C. It is also very low in saturated fat, cholesterol and sodium.

TOMATO

Tomatoes are an excellent source of antioxidants, dietary fiber, minerals, and vitamins. Holding just 18 calories per 100g, tomatoes are very low in fat and have zero cholesterol. The antioxidants present in tomatoes have been scientifically shown to be protective against cancers, including colon, prostate, breast, endometrial, lung, and pancreatic tumors. Lycopene, a flavonoid antioxidant, is a unique phytochemical compound found in tomatoes. Red variety fruits tend to possess more of this antioxidant. Together with carotenoids, lycopene may help protect cells and other structures in the human body from harmful free radicals.



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