
Mixed Green Salad with Walnuts and Sweet Curry Dressing

Salad		Dressing	
1/3 cup	walnuts	3 tbsp	apple cider vinegar
1 tbsp	sesame seeds	3 tbsp	frozen apple juice concentrate
6 cups	mixed greens or baby spinach	2 tsp	stone ground mustard
1	tart green apple, diced	1 tsp	tamari soy sauce
2	green onions, thinly sliced	½ tsp	curry powder
¼ cup	raisins	¼ tsp	fresh ground black pepper

Spread walnuts and sesame seeds on a cookie sheet and bake at 375°F for 10 minutes.

In a large salad bowl, combine the spinach with the apple, onions, and raisins. Add the cooled walnuts and sesame seeds. In a separate bowl or glass jar, whisk the vinegar, fruit juice concentrate, mustard, soy sauce, curry powder, and pepper together. Pour over the salad and toss to mix. Serve immediately.

Adapted from Sally Errey, *Staying Alive! Cookbook for Cancer Free Living*.

Nutritional Value of Select Ingredients

Spinach – This leafy green is high in antioxidants, reduces the risk of cancer, high in magnesium (for mood), iron, great for the eyes, etc, etc. Eating spinach with a source of vitamin C (strawberries, grapefruit) help absorb the calcium found within.

Sesame Seeds – By weight, sesame seeds are higher than liver in iron. They are also high in calcium, magnesium, protein, fibre, other vitamins and minerals, and EFA's.

Walnuts – These nuts contain beneficial polyunsaturated fatty acids that are great for the brain and lowering cholesterol. They are also high in protein, fibre, minerals, and vitamins.

Apples – Apples are very high in fibre, help detoxify the body, stabilize blood sugar, and protect against the effects of radiation. They reduce the risk of heart disease, cancer, asthma, and type 2 diabetes. They are high in many vitamins, minerals, and phytoestrogens.

Tamari – Tamari is the original soy sauce. It is naturally fermented from soy beans, so is high in protein and phytonutrients. Tamari is a superior choice over commercial soy sauce, as it does not contain artificial additives and preservatives.

Mustard – A member of the Brassica family (also with broccoli and cauliflower), mustard has many anti-cancer properties. It is also traditionally used to make a poultice to decongest the chest and airways.

Onions – Because they are high in sulfur, onions help lower cholesterol, inhibit cancerous tumor growth, help manage diabetes, and are an anti-inflammatory, antibacterial, and antifungal food that are also a blood tonic. Eat them daily – raw or cooked.