

Mustard- Rye

Cooking

The mustard seeds are known in Hindi/Urdu as *sarson*. These are used as a spice in North India and Nepal. The seeds are usually roasted until they pop. They are also planted to grow *saag* (greens) which are stir-fried and eaten as a vegetable preparation, *sarson ka saag*.

Mustard seeds or mustard powder can be used as a condiment in a variety of dishes. Mustard seeds can be used as is or can be roasted in a skillet.

Mustard seeds are a very good source of selenium and omega-3 fatty acids. They are also a good source of phosphorus, magnesium, manganese, dietary fiber, iron, calcium, protein, niacin and zinc.

Benefits

- Mustard seeds contain plentiful amounts of phytonutrients called *glucosinolates*. Helps fight gastrointestinal cancer and have been repeatedly studied for their anti-cancer effects.
- Very good source of selenium a nutrient which has been shown to help reduce the severity of asthma
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