

Salvadoran Pickled Cabbage

This heart healthy recipe uses only a small amount of oil and salt.

- 1 medium head cabbage, chopped
- 2 small carrots, grated
- 1 small onion, sliced
- 1/2 teaspoon dried red pepper flakes (optional)
- 1/2 teaspoon oregano
- 1 teaspoon olive oil
- 1/2 teaspoon salt
- 1 teaspoon brown sugar
- 1/4 cup vinegar
- 1/4 cup water

Servings:	8
Serving Size:	1/2 cup
Calories	41
Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	148mg
Total Fiber	2g
Protein	2g
Carbohydrates	7g
Potassium	325mg

1. Blanch the chopped cabbage in boiling water for 1 minute. Discard the water.
2. Place the cabbage in a large bowl and add the grated carrots, sliced onion, red pepper, oregano, olive oil, salt, brown sugar, vinegar, and water.
3. Place in the refrigerator for at least 2 hours before serving.
4. Serve as a side dish.