

Curtido Salvadoreno (Cabbage Salad)

Ingredients:

- 1 cabbage head
- 1 carrot
- 1 onion
- 1/2 teaspoon red pepper
- 1 teaspoon oregano
- 1 tablespoon olive oil
- 2 tablespoons brown sugar
- 1/4 cup vinegar
- 1/2 cup water

Equipment:

- Cutting board
- Knife
- Large bowl
- Small bowl
- Measuring spoons

Number of Servings: 8
 Prep Time: 15 minutes
 Total Time: 1 hour

Directions

1. Remove outer leaves of cabbage that are wilted or dirty, and wash under cool water. Place on a cutting board with the core facing up, and cut in half, through the core. Cut into quarters and remove the white core center. Carefully slice thin layers of cabbage off the quarters until all cut up. Add to large salad bowl.
2. Wash carrots. Use a grater to shred carrots into small pieces, add to bowl.
3. Cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces. Add to bowl.
4. In separate bowl, mix together red pepper, oregano, olive oil, brown sugar, vinegar, and water. Pour over cabbage mixture. Mix together well.
5. Place in the refrigerator for at least 2 hours before serving.

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Nutrition Facts

Serving Size: 1 cup	
Servings: 8	
Amount Per Serving	
Calories 63	Calories from Fat 18
%Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 25mg	1%
Potassium 349mg	10%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	12%
Protein 2g	4%
Vitamin A 56%	Vitamin C 65%
Iron 6%	Calcium 6%

*Percent Daily Values are based on a 2,000 calorie diet.

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