

SOUTHWEST CABBAGE SALAD

Yield: 7 Servings (1 cup per serving)



TOTAL TIME: 55 minutes

INGREDIENTS

- 6 cloves peeled garlic, finely chopped
- Juice from 2 limes (about ¼ cup)
- 1 tsp. sea salt
- ½ cup extra-virgin Campagnan olive oil
- Fresh ground black pepper
- 4 cups (½ head) red cabbage, shredded
- 5 cups (½ head) green cabbage, shredded
- 2 Tbsp. fresh chopped cilantro

PREPARATION

1. Make dressing: Combine garlic with lime juice and sea salt in mixing bowl. Marinate 10–15 min.
2. Whisk olive oil into garlic mixture. Season with additional black pepper and salt, if desired.
3. Add chopped cabbage, cilantro and dressing to mixing bowl. Toss to combine; cover.
4. Chill in refrigerator 20–30 min.

NUTRITION

Per serving: Calories: 160; Fat: 15 g (2 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 7 g; Fiber 2 g; Protein: 1 g; Sodium: 650 mg.

Recipe courtesy of Wegmans