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

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.

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