

Curtido Cabbage Salvadore

From the National Heart, Lung, and Blood Institute
<https://www.nhlbi.nih.gov/health/resources/heart/syah-html/curtido>

Ingredients

- 1 medium head of cabbage, chopped
- 2 small carrots, grated
- 1 small onion, sliced
- ½ teaspoon dried, red pepper (optional)
- ½ teaspoon oregano
- 1 teaspoon olive oil
- 1 teaspoon salt
- 1 teaspoon brown sugar
- ¼ cup vinegar
- ½ cup water

Instructions

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

Makes 8 servings

Serving size: 1 cup

Nutrition information per serving

Calories: 41	Dietary Fiber: 1 g
Total Fat: 1 g	Sodium: 293 mg
Saturated Fat: less than 1 g	Protein: 44 g
Cholesterol: 0 mg	Carbohydrates: 0 g

