

Nutrition Activity

Cabbage is a cruciferous vegetable and may reduce the risk of some forms of cancer including colorectal cancers. Cabbage is high in beta-carotene, vitamin C and fiber.

Cabbage Salad

Ingredients:

- 1 head green cabbage, shredded
- 1 cup purple cabbage, shredded
- 6 green onions, chopped
- 1 large carrot, shredded
- 1 Tbs. toasted sesame seeds
- 2 oz toasted almonds-ground for salad

Dressing:

- 1/4 cup olive oil
- 1 Tbs. Sesame oil
- 6 Tbs. Rice vinegar
- 4 Tbs. sugar
- 1 tsp. salt
- 1 tsp. pepper

Preparation:

1. Mix and chill dressing ingredients.
2. Toss salad ingredients with salad dressing just before serving.

Shortcuts:

- Use the bagged pre-shredded cabbage and carrots
- Try any store bought Chinese chicken salad dressing, check for sesame oil in the ingredients - that's what really gives flavor

