SALVADORAN COLE SLAW

SERVES 10

INGREDIENTS

4 cups cabbage, shredded (any combination of varieties)
1 medium onion, chopped
2 tomatoes, chopped
1 cup chopped cucumber
1/2 cup finely chopped fresh parsley
2 finely chopped tablespoons cilantro
1 clove garlic, minced
2 teaspoons salt
Black pepper to taste
Lemon juice (3-4 lemons)
Lime juice (3-4 limes)

DIRECTIONS

1. Wash everything.
2. Shred the cabbage as thin as possible.
3. Chop the onion and add to cabbage. Also, add tomatoes, cucumber, parsley, cilantro, and garlic.
4. Juice 3 or 4 lemons and 3 or 4 limes. Add the juice (approximately 3/4 cup combined lemon and lime juice) to the cabbage mix and toss thoroughly.

FOR MORE INFORMATION ABOUT SNAP-ED, VISIT OUR WEBSITE AT www.extension.umn.edu/nutrition (Revised 9/2014)

NUTRITION INFORMATION:

Calories: 23
Fat: 0.1 grams (g)
Saturated Fat: 0 grams (g)
Trans Fat: 0 grams (g)
Cholesterol: 0 milligrams (mg)
Carbohydrates: 5.8 grams (g)
Dietary Fiber: 1.5 grams (g)
Protein: 1.0 grams (g)
Sodium: 474 milligrams (mg)
Vitamin A: 10%
Calcium: 3%
Vitamin C: 41%
Iron: 3%

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