



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Cabbage, Tomato, Radish Salad

Ingredients:

- 1 small head cabbage, sliced thinly
- 2 medium tomatoes, cut in cubes
- 1 cup radishes, sliced
- ¼ teaspoon salt
- 2 teaspoons olive oil
- 2 teaspoons rice vinegar (or lemon juice)
- ½ teaspoon black pepper
- ½ teaspoon red pepper
- 2 teaspoons fresh cilantro, chopped

Directions:

1. In a large bowl, mix together the cabbage, tomatoes, and radishes.
2. In another bowl, mix together the rest of the ingredients, and pour over the vegetables.

Serves 10

*41 calories, 1 g fat, 0 g saturated fat,
7 g carbohydrate, 3 g fiber, 2 g protein,
88 mg sodium*

*Source: National Heart, Lung, and Blood
Institute*

