Cabbage, carrot & cucumber salad

Recipe created by: Angelica Pozzoli, Dietetic Intern

INGREDIENTS

- 2 medium cucumbers, sliced
- 2 medium carrots, shredded
- 1 small head of green cabbage, shredded
- 1/2 medium white onion, sliced
- 2-3 radishes, sliced
- 6 Tbsp vegetable oil
- 6 Tbsp apple cider vinegar
- 3 Tbsp sugar
- Kosher salt and freshly ground pepper

DIRECTIONS

1. Combine the green cabbage, carrot, cucumbers, radishes, and onion in a large bowl.
2. Add the vegetable oil, vinegar, sugar, salt and pepper. Toss well to coat.
3. Cover the salad and refrigerate at least 2 hours or overnight.

FUN FACT

This recipe is inspired by health salad or “Claremont salad” -- named after the Claremont deli in Verona, NJ. This slaw-like salad got its name because it doesn’t have the creamy mayo commonly found in coleslaw. This staple dish can be found in Jewish delis all across NJ and NYC!

Cabbage, cabbage & more cabbage

NUTRITION FACTS

- Cabbage is high in dietary fiber, vitamin C, vitamin K, folate, potassium, manganese, vitamin A, thiamin, vitamin B6, calcium and iron.
- A half cup serving of cabbage provides 45% of the daily recommended amount of vitamin C.

SHOPPING & PREPARATION TIPS

- There are over 400 different varieties of cabbage grown throughout the world, but only these make their way into American grocery stores:
  - **Green cabbage**: extremely versatile – it can be sliced, steamed, sautéed, or braised.
  - **Savory cabbage**: a more tender, milder flavor green cabbage.
  - **Red cabbage**: often used for pickling.
  - Both green and red cabbage are typically eaten raw in salads, and as the main ingredients in coleslaw.
  - **Napa cabbage (also known as Chinese cabbage)**: often cooked in soups, used in stir-fries, and fermented to make kimchi in Asian cultures.

PRODUCE SEASONALITY IN NJ

- **Cabbage**: Beginning of June - End of November