

# Cabbage, carrot & cucumber salad

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## 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!



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# 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.

### Did you know?

- Anthocyanin gives red cabbage its color.
- Anthocyanins are a group of antioxidants, and a diet rich in these compounds may prevent inflammation and help protect against type 2 diabetes, certain cancers, and heart disease.



## PRODUCE SEASONALITY IN NJ

- Cabbage: Beginning of June - End of November

## 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.