

Ingredients

- 1 medium head cabbage, chopped
- 2 small carrots, grated
- 1 small onion, sliced
- $\frac{1}{2}$ teaspoon dried red pepper flakes (optional)
- $\frac{1}{2}$ teaspoon oregano
- 1 teaspoon olive oil
- 1 teaspoon salt
- 1 teaspoon brown sugar
- $\frac{1}{4}$ cup vinegar
- $\frac{1}{2}$ cup water

encurtido salvadoreño (Salvadoran Pickled Cabbage)

1. Blanch the chopped cabbage in boiling water for 1 minute. Discard the water.
2. Place the cabbage in a large bowl and add the grated carrots, sliced onion, red pepper, oregano, olive oil, salt, brown sugar, vinegar, and water.
3. Place in the refrigerator for at least 2 hours before serving.
4. Serve with Pupusas Revueltas (See separate recipe card for details.) or as a side for other dishes.

Yield 8 servings, **Serving Size** $\frac{1}{2}$ cup, **Calories** 41, **Total Fat** 1g, **Saturated Fat** 0g, **Cholesterol** 0mg, **Sodium** 293mg, **Total Fiber** 2g, **Protein** 2g, **Carbohydrates** 7g, **Potassium** 325mg



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