

Mark's Kitchen

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Red Cabbage Salad

Prep time: 15 minutes

Chill time: 60 minutes

Serves: 2

In this citrus-scented salad, the orange and coriander marry well together. Try this refreshing salad the next time you want to expand your repertoire of preparing cruciferous vegetables.

Ingredients:

- 1 cup shredded red cabbage
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon balsamic vinegar
- 1 tablespoon apple cider vinegar
- zest of 1/2 large orange
- 1/2 teaspoon ground coriander
- sea salt and freshly ground black pepper, to taste
- 1/4 cup chopped fresh cilantro

Step 1: Combine the cabbage, olive oil, vinegars and orange zest in a large bowl.

Step 2: Add the coriander and season to taste with salt and black pepper. Toss until well mixed.

Step 3: Refrigerate for 1 hour. To serve, divide onto two plates, sprinkle the cilantro on top and serve chilled.

Nutritional analysis per serving (1 cup): calories 73, fat 7 g, saturated fat 1 g, cholesterol 0 mg, fiber 1 g, protein 1 g, carbohydrate 2 g, sodium 125 mg