

Let's Make Super Salads April 2015

Cabbage Salad with Jewels Serves 4 to 6

Ingredients

- 1/2 cabbage, shredded
- 1/4 cup lemon juice
- 2 garlic cloves, minced
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1 pomegranate, seeds only

Directions

- 1) Place cabbage in a large bowl.
- 2) In small bowl combine: lemon juice, garlic, olive oil and salt. Mix and pour over cabbage.
- 3) Just before serving add the pomegranate seeds.

Variations

Sunflower & Orange Replace the pomegranate seeds with 2 cups of chopped orange sections and 4 tablespoons of toasted sunflower seeds.