



Cabbage and Pea Salad



Makes 6 cups

Ingredients

- 4 cups thinly shredded cabbage
- 1 medium cucumber
- 1/2 cup chopped green onions
- 2 cups sweet peas
- 3 tablespoons olive oil or vegetable oil
- 3 tablespoons apple cider vinegar, or to taste
- 1 tablespoon sugar
- Salt and black pepper to taste

Directions

1. Place shredded cabbage in large mixing bowl.
2. Cut cucumber (peeled or unpeeled) in half lengthwise, then slice thinly.
3. Add to cabbage cucumbers, green onions and peas. Toss lightly to combine.
4. In a separate bowl, whisk oil, apple cider vinegar and sugar.
5. Drizzle salad with dressing mixture.
6. Sprinkle with salt and pepper to taste.

What to look for

- Look for compact heads that are heavy for their size.
- Leaves should be crisp and deeply colored.
- Avoid discolored heads with wilted leaves.

How to store

- Remove any wilted or insect-damaged outside leaves.
- Store cabbage in a plastic bag or wrap and keep in the refrigerator at 41°F or below.
- Cabbage will stay fresh for several weeks.
- Before using cabbage, cut out core of cabbage with a sharp knife and rinse leaves with cool running water. Drain thoroughly.

Cabbage and Pea Salad Nutrition Facts:

Serving size 1 cup, Calories 132, Total Fat 7g, Sodium 13mg, Total Carbohydrate 14g, Dietary Fiber 5g, Protein 4g

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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Department of Human Services Office or call 1-866-311-4287 (toll-free). This project is funded under an agreement with the State of Tennessee. In cooperation with Tennessee State University Cooperative Extension. The USDA is an equal opportunity provider and employer. Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.