

# Fresh Cabbage and Tomato Salad Recipe

1 small head	cabbage, sliced thinly
2 medium	tomatoes, cut in cubes
1 cup	sliced radishes
¼ teaspoon	salt
2 teaspoons	olive oil
2 teaspoons	rice vinegar (or lemon juice)
½ teaspoon	black pepper
½ teaspoon	red pepper
2 teaspoons	fresh cilantro, chopped

1. In a large bowl, mix together the cabbage, tomatoes, and radishes.
2. In another bowl, mix together the rest of the ingredients, and pour over the vegetables.

## Yield: 8 servings

Serving size: 1 cup

Each serving provides:

Calories: 41

Total fat: 1 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 88 mg

Total fiber: 3 g

Protein: 2 g

Carbohydrates: 7 g

Potassium: 331 mg

## Quick Fact

Your family will love this tasty salad. The small amount of olive oil, rice vinegar, fresh herbs, and spices adds flavor, but few calories.

