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 1/2 cup, Calories 41, Total Fat 1g, Saturated Fat 0g, Cholesterol 0mg, Sodium 293mg, Total Fiber 2g, Protein 2g, Carbohydrates 7g, Potassium 325mg