Encurtido salvadoreño
(Salvadoran Pickled Cabbage)

Ingredients
1 medium head cabbage, chopped
2 small carrots, grated
1 small onion, sliced
1/2 teaspoon dried red pepper flakes (optional)
1/2 teaspoon oregano
1 teaspoon olive oil
1 teaspoon salt
1 teaspoon brown sugar
1/4 cup vinegar
1/2 cup water

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