

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



National Heart, Lung,
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