

# Recipe

## Fresh Cabbage and Tomato Salad

8 Servings, 1 cup each

### Ingredients:

1 small head cabbage, thinly sliced  
2 medium tomatoes, cut in cubes  
1 cup sliced radishes  
 $\frac{1}{4}$  tsp. salt  
2 tsp. olive oil  
2 Tbsp. rice vinegar (or lemon juice)  
 $\frac{1}{2}$  tsp., each, black pepper and red pepper  
2 Tbsp. fresh cilantro, chopped

### Per Serving:

Calories – 41  
Total fat – 1 gram  
Saturated fat – Less than 1 gram  
Sodium – 88 mg

### Directions:

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