

Mixed Cabbage Salad

Ever want a salad but the lettuce in the fridge has gone bad? Cabbage is a great plan B for a crispy salad, and when shopping keep in mind that cabbage stores far longer as well. Especially while I have been living on a sailboat with limited refrigeration, cabbage has become my friend. I enjoy the ingredients listed below, but please feel free to use any mixture of vegetables you have available for your salad. If you would like to turn this super easy-to-make salad into a full meal, add 2 cups of cooked garbanzo beans or lentils.

Prep Time: 10-15 Minutes

Serves: Two

Ingredients:

1 cup green cabbage, chopped (or 2 cups of one type of cabbage)
1 cup purple cabbage, chopped
½ English cucumber, chopped
6 radishes, sliced
6 cherry tomatoes, sliced in half
6 whole green olives (preferably unpitted)
3 tablespoons fresh mint, chopped (or parsley)
1 tablespoon capers, drained

Vinaigrette

4 tablespoons extra-virgin olive oil
2 tablespoons red wine vinegar
1/8 teaspoon sea salt
1/8 teaspoon ground black pepper
1 garlic clove minced
½ teaspoon Italian herb seasoning

Directions:

Combine ingredients in a salad bowl. Whisk vinaigrette dressing together, combine with salad ingredients, toss, and serve.

Enjoy,

Steven Masley, MD