



CABBAGE AND CUCUMBER SALAD

PREP TIME: 10 minutes

SERVING SIZE: 1 cup

COOK TIME: 0 minutes

SERVES: 9

INGREDIENTS

- 1 small cabbage (about 6 cups)
- 1 cucumber, deseeded (about 3 cups)
- 3 tablespoons of fresh dill, chopped
- 3 green onions, chopped (about ¼ cup)
- ¼ cup of vinegar
- 3 tablespoons of olive oil
- ½ teaspoon of salt



PREPARATION

1. Chop the cabbage into thin strips and place into a bowl. Sprinkle salt and massage.
2. Chop the cucumber, dill, and green onion, and place into the bowl of cabbage.
3. Add the vinegar, salt, and olive oil to the bowl and mix to combine.

SOURCE

simplyhomecooked.com/cabbage-and-cucumber-salad/
Recipe modified by CHOICES Nutrition Education Program

Need meal ideas? Visit our recipe database!

www.centraltexasfoodbank.org/recipes

Nutrition Facts

9 servings per container
Serving size 1 cup (108g)

Amount per serving
Calories 60

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 140mg 6%

Total Carbohydrate 5g 2%

Dietary Fiber 2g 7%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0mg 0%

Potassium 153mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This institution is an equal opportunity provider. Rev 7/18
This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP.



ENSALADA DE REPOLLO Y PEPINO

TIEMPO DE PREPARACIÓN: 10 minutos

TIEMPO PARA COCINAR: 0 minutos

TAMAÑO DE PORCIÓN: 1 taza

PORCIONES: 9

INGREDIENTES

- 1 repollo pequeño (aproximadamente 6 tazas)
- 1 pepino, sin semillas (aproximadamente 3 tazas)
- 3 cucharadas de eneldo fresco, cortado finamente
- 3 cebollas verdes, cortadas finamente (aproximadamente ¼ taza)
- ¼ taza de vinagre
- 3 cucharadas de aceite de oliva
- ½ cucharadita de sal



PREPARACIÓN

- Corte el repollo en tiras finas y coloque en un tazón. Añade una pizca de sal y masajee.
- Corte el pepino, el eneldo, y la cebolla verde y agréguelos al tazón de repollo.
- Añada el vinagre, la sal, y el aceite de oliva al tazón y mezcle.

FUENTE

simplyhomecooked.com/cabbage-and-cucumber-salad/

Receta modificada por CHOICES Programa Educativo de Nutrición

¿Necesita ideas para platillos? ¡Visite nuestro catálogo de recetas!

www.centraltexasfoodbank.org/recipes

Nutrition Facts

9 servings per container	
Serving size	1 cup (108g)
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0mg	0%
Potassium 153mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Esta institución ofrece igualdad de oportunidades. Rev 7/18

Este material fue financiado en parte por el programa del USDA – SNAP en inglés