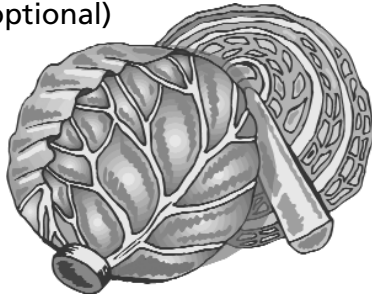


Hot Chile and Cabbage

Serves 4

- 2 cups cabbage, shredded fine
- ½ cup white vinegar
- ¼ cup onion, sliced thin
- 1 teaspoon salt
- 1 tablespoon green or red hot chile, fresh, sliced thin
- 1 teaspoon sugar (optional)



1. Wash and prepare vegetables.
2. Mix everything together and refrigerate for 24 hours before serving.

TIPS:

- This is a condiment, eaten in small quantities and is served with an entree. It can be described as a fresh Indian chutney transported to a different continent.
- Try substituting ½ cup chopped tomatoes for the fresh chile and ¼ cup of vinegar instead of a ½ cup. This makes a drier dish, more like a salad rather than a pickle, but will have the same combination of flavors. This variation is common in Nicaragua and is called Cabbage Salad (Ensalata de Repollo).

Nutrition Facts:

Serving size: about ½ cup; Calories: 15; Fruits and Vegetables: ½ serving; Fat: 0 g; Fiber: 1 g



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