

## Sweet and Sour Cabbage

*Servings: 8*

*Serving Size: 1/2 cup*

*Total Time: 10 minutes*

*Adapted by: USDA.gov*

### Ingredients:

1/2 head of cabbage (about 4 cups when chopped)

1/2 teaspoon salt

1/2 teaspoon celery seed

2 tablespoons sugar

3 tablespoons vinegar

### Directions:

1. Rinse cabbage with water. Cut in half and then chop into small, bite-sized pieces. You can also use a grater for finer slices.
2. In a large bowl, combine all ingredients and stir until thoroughly mixed.
3. Cover bowl and place in the refrigerator. Allow to cool for several hours before serving.

**Nutrition Information per Serving:** 28 calories, 0g total fat, 1g protein, 7g carbohydrate, 1g fiber, 156mg sodium



### Shopping & Storage Tips:

- \* Choose cabbage heads that are firm and dense with shiny, crispy, colorful leaves free of cracks, bruises and blemishes.
- \* Keeping cabbage cold will keep it fresh and retain its Vitamin C content. Place cabbage head in a plastic bag in the crisper of your refrigerator for up to 2 weeks.