

Culinary Literacy Corner

Refreshing Cabbage Salad

Culinary School reinforced my commitment to Culinary Medicine – a field that blends the art of food and cooking with the science of medicine. This cabbage salad recipe emphasizes concepts that I like to share with patients, colleagues, friends and family to make nourishing foods tasty and fun.

It is SIMPLE – Few ingredients. You can either shred the cabbage by hand with a knife or a mandolin. Or you can buy the pre-cut cabbage/carrot mix.

It is PRETTY – We eat with our eyes first and fun colors make dishes more appealing. In the photo I use purple cabbage. If you use white cabbage, the color contrast pops out more.

It is TASTY – The ingredients bring Crunchy, Zesty, Sweet, and Fresh sensations to your eating experience.

It is VERSATILE – Cabbage is available year round. Great alternative/addition to a green salad. Can add a protein for a complete meal. Bring to potlucks, your own dinner parties, or add to your regular menu rotation. Keeps well for several days.

It is HEALTHY – Lots of vegetables and fiber. I don't emphasize this point as many people avoid menu items listed as 'healthy'.

Salad:

- 12-16 oz. Cabbage - precut or use mandolin
- 1 cup Shredded carrots (may already be in the precut cabbage mix). Or grate two carrots
- ½ cup Scallions or Chives
- Half bunch Cilantro, or to taste

Dressing:

- ¼ cup Lime Juice
- 2 TBSP Honey
- 1 tsp Apple Cider Vinegar
- ¼ tsp ground Ginger (or 1 TBSP grated fresh ginger)
- 1 TBSP Sesame Oil
- ¼ tsp Salt

Optional additions/Garnish: Apples, Red Bell peppers, Sliced Almonds, Jalapeno peppers

Directions: Mix the salad ingredients in a big bowl. Whisk the dressing ingredients in a separate bowl. Combine part of the dressing with the salad, toss well, then taste. Add additional dressing to taste. Save any leftover dressing for a future salad.

Garnish. And bon appétit!

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