



Green Cabbage Salad Recipe

Ingredients

Salad

- 1 medium head green cabbage, thinly sliced
- 1 cup shredded carrots
- 1/2 small red onion, thinly sliced
- 1/4 cup chopped fresh parsley

Dressing

- 3 tablespoons olive oil
- 2 tablespoons apple cider vinegar
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- 1 teaspoon honey or sugar
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Optional Add-Ins

- Canned chicken
- Tuna

- Salmon
- Sunflower seeds
- Sliced almonds
- Crumbled bacon
- Shredded cheddar cheese

Instructions

1. Thinly slice the green cabbage and place it into a large mixing bowl.
 - a. [Get this cabbage shredder at Amazon](#)
2. Add the shredded carrots, sliced red onion, and chopped parsley.
3. In a separate bowl, whisk together the olive oil, apple cider vinegar, lemon juice, Dijon mustard, honey, salt, and pepper.
4. Pour the dressing over the cabbage mixture and toss until evenly coated.
5. Let the salad rest for 15 to 30 minutes before serving for the best flavor and texture.
6. Add optional toppings or protein before serving if desired.

Notes

- For easier prep, use a cabbage shredder to create thin even slices.
- This salad keeps well in the refrigerator for up to 3 days.
- Add crunchy toppings just before serving to maintain texture.

Nutrition Information

(Approximate per serving)

- Calories: 140
- Carbohydrates: 10g
- Protein: 2g
- Fat: 10g
- Fiber: 3g
- Sugar: 5g

Prep Time

15 minutes

Rest Time

15 minutes

Total Time

30 minutes

Servings

6 servings