

Herbal Legacy Recipes

Cabbage Salad

Contributed by Lynetta in Richfield, Utah

This is a family recipe. It is very simple and easy to make!

Ingredients:

1/2 head cabbage
juice of one lemon
olive oil
sea salt

Directions:

Thinly slice cabbage and put in salad bowl. Drizzle with lemon juice and olive oil. Add sea salt to taste.

Variation: Raw apple cider vinegar (to taste) can be used in place of lemon juice. Either way is great!