



Cabbage Salad

This delicious recipe was submitted by
Weslene

INGREDIENTS:

1 bag shredded cabbage (more nutritious than lettuce)
1 Cucumber (chopped)
1 Red, Yellow, and Orange bell pepper (chopped)
1 Container White button mushrooms (sliced)
1 Large Broccoli spear (steamed for softness)
1 Small head Cauliflower (steamed for softness)
1 can Garbanzo beans (chick peas)....drained and rinsed. A super healthy food: <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=58>
1 can Light red kidney beans (excellent fiber)....drained and rinsed
1 can Black olives (cut in halves)
Mrs. Dash Garlic & Herb seasoning (salt-free) to taste, and Pepper to taste
Dressing of choice...I use Balsamic vinaigrette or sometimes Lite Ranch dressing

Optional: Top with imitation crab meat or can chicken for extra protein.

This salad will last in the refrigerator (properly covered) for 5 - 6 days. I usually double some of the recipe ingredients because my son loves it... (takes a large bowl home with him). My family and friends have raved about it and requested the recipe.