

# Moma's Cabbage Salad

*A Great Salad to "eat on" all week! This continues to be a favorite and very easy salad.*

## INGREDIENTS:

- 1 head Green, or red, cabbage, chopped or use ½ head of each
- 1-2 ears Corn, removed from cob
- 1 Onion, chopped
- 1 Red bell pepper, chopped
- 1 Green pepper, chopped (may use 2 red if preferred)
- 2-3 Carrots, chopped
- 1 can Beans (kidney if my preference), well drained – salad will last longer without the beans, may add them before serving
- plus* Any other heavy vegetable you have on hand (squash &/or zucchini are great!)  
If adding tomatoes or cilantro, add just before serving.

## INSTRUCTIONS:

1. When chopping veggies, chop into ½" pieces.
2. Store salad either in glass or stainless.
3. When ready to serve pour vinegar and oil dressing over. (We really like Braggs Organic Vinaigrette or Paul Newman's – the one where he has the on the straw hat with the red band)
4. Salad may be made 4-5 days in advance. Remember to put dressing on shortly before serving.

*Enjoy!*

*Les'a*