



Sweet Sesame Lime Cabbage

Ingredients

- 1/2 head of cabbage
- 2 carrots
- 2 green onions
- 1 cup cilantro (optional)
- 1 tablespoon sesame seeds (optional)
- 1/4 cup lime juice
- 2 tablespoons honey or maple syrup
- 1 teaspoon apple cider vinegar (substitute orange juice)
- 1 clove or 1 tsp of minced garlic
- 1/2 teaspoon salt
- 1 tablespoon sesame oil or olive oil



Directions

1. Cut around the middle of the cabbage and save the leafy outer layer to chop into fine pieces.
2. Grate carrots into fine pieces.
3. Chop green onions and cilantro into fine pieces.
4. Combine cabbage, carrots, green onions, and cilantro in a bowl.
5. Combine the lime juice, honey, vinegar (or orange juice), garlic, salt, and oil and mix.
6. Pour dressing over vegetables and mix.
7. Let it marinate for 15 minutes before eating, and enjoy!





Cabbage

Did You Know?

- Cabbage comes in many colors. The most common are green, red and purple, and white.
- Red and purple cabbage make for an excellent all-natural dye for food or fabric!
- Babe Ruth used to wear a cabbage leaf under his baseball cap during games to keep cool!



- Cabbage is best stored whole and unrinsed until you're ready to use it. It can be kept fresh up to 2 months in the fridge like this!
- You can cook cabbage any way you'd like, but it can also be eaten raw like broccoli.
- Cabbage is also rich in antioxidants and contains properties that reduce inflammation and swelling, which helps to reduce pain.



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