
Red Cabbage Salad

Kevin Murley

Nettles Island Cooking in Paradise - 2014

1 small head red cabbage, chopped

2 avocados, peeled and cubed

1 can white beans

1/2 cup apple cider vinegar

1 tablespoon canola oil

1/2 cup cilantro

2 medium carrots, diced

salt (to taste)

In a bowl, mix the cabbage with the avocados.

Toss in the white beans and carrots.

Stir in the vinegar, oil, cilantro and salt.

Salads

Per Serving (excluding unknown items): 1583 Calories; 78g Fat (41.6% calories from fat); 61g Protein; 186g Carbohydrate; 48g Dietary Fiber; 0mg Cholesterol; 164mg Sodium. Exchanges: 8 1/2 Grain(Starch); 3 Lean Meat; 4 Vegetable; 2 Fruit; 15 Fat.