



Escabeche de Repollo (Guatemalan-Style Cabbage Slaw)

8 Servings • 1 Serving = ½ Cup

INGREDIENTS

- 1 Tablespoon extra virgin olive oil
- 1 sprig of fresh thyme
- 4 cups cabbage, finely shredded
- 1 serrano pepper, finely sliced
- ½ red bell pepper, finely sliced
- 1 large carrot, finely sliced
- ½ white onion, finely sliced
- 1 garlic clove, minced
- 2 bay leaves
- ½ teaspoon salt
- 1-2 Tablespoons vinegar

DIRECTIONS

1. Heat a large skillet over medium-high heat. Add oil and let warm up a few seconds. Fry the sprig of thyme. Once the thyme releases its aroma, add the cabbage, serrano pepper, red bell pepper, carrot, white onion, and garlic. Stir constantly until the cabbage starts to soften. Add the bay leaves and continue to stir. Season with salt and stir.
2. Remove the vegetable mix from the heat. Remove bay leaves and add 1-2 Tablespoons vinegar or cool for 1 hour and add vinegar.

Nutrition Facts

8 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	35
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 0mg	0%
Potassium 119mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Developed by The Children's Hospital of San Antonio

chefa.org

@CHEFSanAntonio



The Children's Hospital
of San Antonio™

CHRISTUS Health

© Culinary Health Education for Families