

Sarah's Healing Touch

Sunny Rainbow Cabbage Salad



My Aunt Margie made this for us when we visited her in California. I could not get enough of it. I had to share the recipe with you all! It is a very beautiful salad too which is bonus! 😊

Ingredients:

- 2 C. shredded green cabbage
- 1 C. shredded red cabbage
- ½ C. finely shredded carrots
- 2/3 C. parsley chopped
- 1 medium shallot chopped
- 2 T. grapeseed oil
- 2 T. apple cider vinegar
- 1 t. dill weed
- 1 t. Spike or Vegi-Sal

Directions:

In a large serving bowl, combine, cabbages, carrots, parsley and scallion. Combine oil, vinegar, dill weed and vegetable seasoning. Pour over salad. Refrigerate at least 20 minutes before serving.

Rejuvenate Refresh Relax