

Serves 4

Hot Chile and Cabbage

2 cups cabbage, shredded fine

1/2 cup white vinegar

1/4 cup onion, sliced thin

1 teaspoon salt

1 tablespoon green or red hot chile, fresh, sliced thin

1 teaspoon sugar (optional)

1. Wash and prepare vegetables.
2. Mix everything together and refrigerate for 24 hours before serving.

Source: False Tongues and Sunday Bread: Guatemalan and Mayan Cookbook by Marks Copeland

Nutrition Facts: Serving size: about 1/2 cup; Calories: 15; Fruits and Vegetables: 1/2; Fat: 0 g; Fiber: 1 g

Hints:

- This is a condiment, eaten in small quantities and is served with an entrée. It is described as a sort of fresh Indian chutney transported to a different continent.
- Try substituting 1/2 cup chopped tomatoes for the fresh chile and 1/4 cup of vinegar instead of a 1/2 cup. This makes a drier dish, more like a salad rather than a pickle, but will have the same combination of flavors. This variation is common in Nicaragua and is called Cabbage Salad (Ensalada de Repollo).

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