

LOW PROTEIN RECIPE - SALAD

Sweet and Sour Cabbage:

Makes 1 serving.

Ingredients:

1 cup shredded cabbage
1 tablespoon sweet green pepper
1 tablespoon sugar
1 tablespoon white vinegar
1 tablespoon water

How to Make:

Mix all ingredients together in a small bowl.
Refrigerate one hour before serving.
Stir salad just before serving.

Composition:

1 serving = 1 vegetable
(1 gram pro, 15 mg Na, 20 mg phos, 0 chol)

For Diabetics Only:

Substitute artificial sweetner to equal one tablespoon sugar.
1 serving = free food

Note:

Keeps well in the refrigerator if covered.