Salvadoran Pickled Cabbage

SERVES 8

Ingredients
1 medium head cabbage, chopped
2 small carrots, grated
1 small onion, sliced
½ teaspoon dried red pepper flakes (optional)
½ teaspoon oregano
1 teaspoon olive oil
1 teaspoon salt
1 teaspoon brown sugar
¼ cup vinegar
½ cup water
Directions

1. Blanch the chopped cabbage in boiling water for 1 minute. Discard the water.
2. Place the cabbage in a large bowl and add the grated carrots, sliced onion red pepper, oregano, olive oil, salt, brown sugar, vinegar and water. Place in the refrigerator for at least 2 hours before serving.

Source: NIH — Platillos Latinos