



Issue # 514

July 22, 2014

Island-Style Side

Flavor your greens with the sweet and spicy taste of the Caribbean with this shredded salad side dish. Cabbage is a good source of fiber and nutrients for very few calories. Scotch bonnet peppers pack a lot of heat with a slightly sweet taste. Their active heat component, capsaicin, is anti-inflammatory and is being studied for its potential to inhibit the growth of cancer cells. If you can't find this variety, substituting any spicy pepper is fine.

Caribbean Cabbage

2 Tbsp. extra virgin olive oil
1 medium onion, sliced thin
1 medium green bell pepper, diced
1 scallion, including green stem, sliced thin
2 cloves garlic, minced
4 sprigs fresh thyme
1 whole Scotch bonnet chile pepper or habanero pepper
Salt and freshly ground black pepper
1/4 cup white vinegar
2 Tbsp. honey
1 medium green or red cabbage, tough outer leaves removed, cored and shredded (about 8 cups, shredded)
1 cup shredded carrots
1 plum tomato, diced

In large skillet heat oil over high heat. Stir in onion, bell pepper, scallion and garlic. Sauté until softened, about 5 minutes. Stir in thyme and whole Scotch bonnet pepper. Add salt and pepper to taste.

In small pot on medium heat, warm vinegar, do not boil, and stir in honey, mixing well.

Add cabbage and carrots to onion mix. Stir to combine well, cover skillet and cook over medium-low heat, stirring occasionally, until cabbage begins to soften, about 10 minutes.

Stir in vinegar-honey sauce and tomato into vegetable mixture. Continue stirring until cabbage is tender, about 4 minutes more or until desired tenderness. Remove the Scotch bonnet pepper and thyme sprigs. Serve.

Although typically served warm, you can also refrigerate to cool before serving.

Makes 6 servings.

Per serving: 130 calories, 5 g total fat (0.5 g saturated fat), 21 g carbohydrate, 3 g protein, 4 g dietary fiber, 60 mg sodium.