

Curtido

Snack/Lunch/Supper Crediting for Ages 3-5



Total Time

15 minutes



Serving Size

1/2 cup



Servings

8



Components

Vegetables

Ingredients

- 4 1/2 cups shredded green cabbage
- 4 cups boiling water
- 1 cup finely grated carrots
- 1 cup finely sliced red onions
- 1/4 tsp salt
- 1/2 cup apple cider vinegar

Directions

1. Place cabbage in a colander over the sink. Slowly pour the 4 cups of water over the cabbage. Rinse cabbage with cold water and then squeeze as much water out as possible.
2. Place cabbage, carrots, onions, salt, and vinegar into the bowl. Toss well. You can serve immediately or allow to marinate for 2-4 hours before serving.
3. Serve with **Pupusa de Queso** for a great snack!

One serving provides 1/2 cup vegetable.

