

Chinese Cabbage Salad

Ingredients

4 leaves of **Bok Choy**, finely chopped



6 leaves of **Napa cabbage**, finely chopped



3 **green onions**, or ½ of a **small onion**, finely chopped



Cilantro, chopped



Salad Dressing

1 large **lemon or lime**, juiced, or



1½ – 2 Tablespoons **concentrated lemon juice**

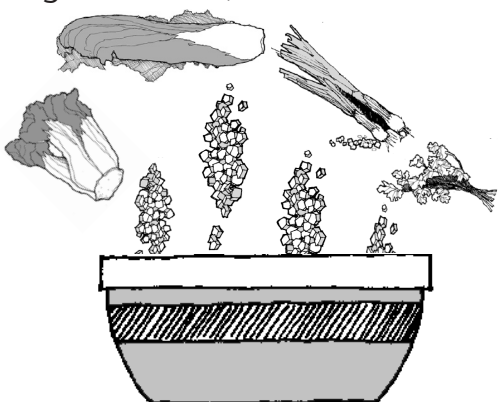



1 teaspoon **vegetable oil**



Salt to taste



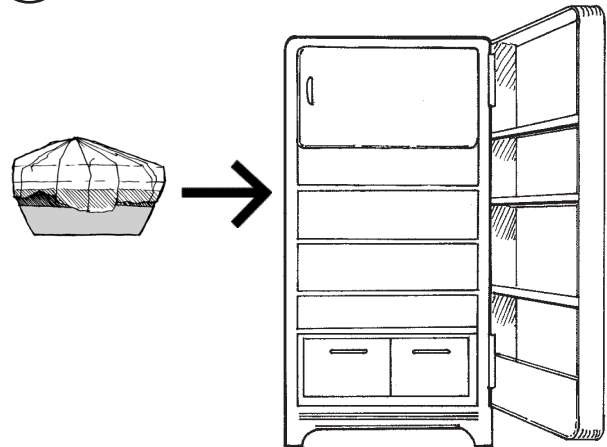
<p>1 In a large bowl, mix both cabbages, green onions, and cilantro.</p> 	<p>2 In a small bowl, combine the lemon juice, oil, and salt to taste. Mix well.</p> 
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Chinese Cabbage Salad

3 Pour dressing on salad and toss lightly. Serve immediately.



4 Refrigerate leftovers within 2 hours.



Chinese Cabbage Salad is good for:

VITAMIN A Keeps skin and eyes healthy.

VITAMIN C Keeps gums and blood vessels healthy.

Fiber Prevents constipation.

Ensalada de Repollos Chinos

Ingredientes

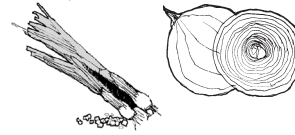
4 ramas de repollo Bok Choy, bien picado



6 ramas de repollo Napa, bien picado



3 cebollitas verdes o 1/2 cebolla chica bien picada



Cilantro, picado



Salsa de Ensalada

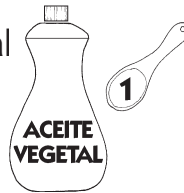
el jugo de 1 limón o 1 lima



o 1 1/2 a 2 cucharaditas de jugo de limón concentrado



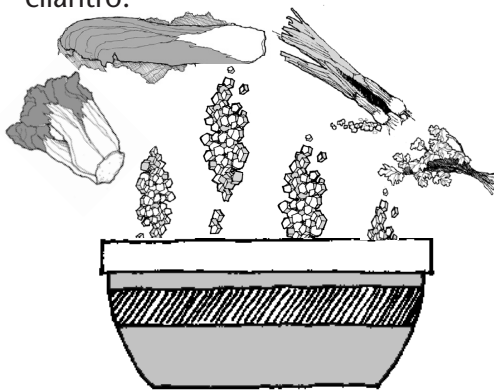
1 cucharadita de aceite vegetal



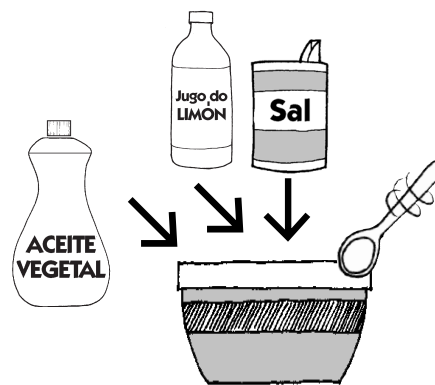
Sal a gusto



1 En un recipiente grande, junte todos los repollos, las cebollitas verdes y el cilantro.

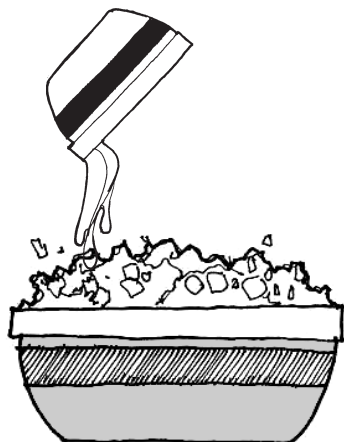


2 En un recipiente pequeño, combine el aceite vegetal, el jugo de limón y la sal a gusto. Mezcle muy bien.

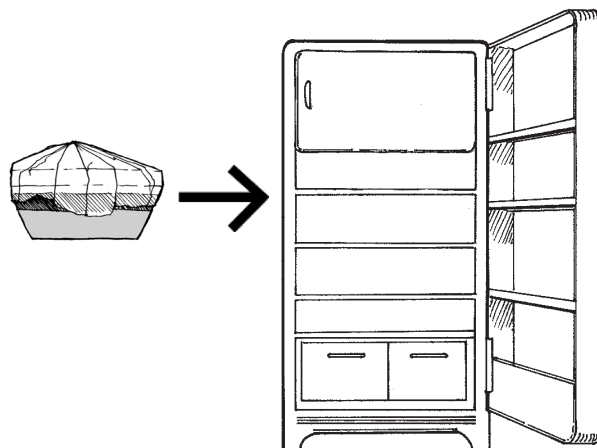


Ensalada de Repollos Chinos

- 3** Rocíe la salsa sobre la ensalada y revuelva ligeramente. Sirva inmediatamente.



- 4** Guarde lo que no se coma en el refrigerador dentro de 2 horas.



Ensalada de Repollos Chinos nos da:

VITAMINA A Mantiene sano la piel y los ojos.

VITAMINAS C Mantiene sanas las encías y las venas.

Fibra Para prevenir el estreñimiento.
