

Fresh Corn and Cabbage Salad

A diabetic-friendly recipe

Ingredients:

- 1/2 medium cabbage, sliced thin
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 English cucumber, sliced
- 1 cup corn kernels (frozen and thawed or canned)
- 1/3 cup chopped dill
- 1 1/2 tablespoons vinegar
- 3 tablespoons olive oil



Directions

1. Place cabbage in a large bowl and sprinkle with salt and pepper. Massage cabbage with your hands until it releases juice.
2. Add all remaining ingredients. Toss well to combine.

Makes 4–6 servings

To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.