

Cabbage Salad with Buttermilk Dressing

Gourmet, November 2007, written up on Smitten Kitchen blog

Internet Address: <http://smittenkitchen.com/2008/07/napa-cabbage-salad-with-buttermilk-dressing/>



Servings: 6

1. Whisk together buttermilk, mayonnaise, vinegar, shallot, sugar, salt, and pepper in a bowl until sugar has dissolved, then whisk in chives.
2. Toss cabbage, radishes, and celery with dressing. It's perhaps more attractive if the radishes are dressed separately and sprinkled on top.

Per Serving (excluding unknown items): 69 Calories; 4g Fat (50.2% calories from fat); 2g Protein; 7g Carbohydrate; 1g Dietary Fiber; 2mg Cholesterol; 238mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.

- 1/2 cup buttermilk, well-shaken
- 2 tablespoons mayonnaise
- 2 tablespoons cider vinegar
- 2 tablespoons minced shallot
- 1 tablespoon sugar, or Spenda
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 3 tablespoons chives, finely chopped
- 1 pound Napa cabbage, cored and thinly sliced crosswise (4 cups), or Savoy cabbage
- 6 whole radishes, diced
- 2 whole celery ribs, thinly sliced diagonally

Salads

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>