

Quick Kraut

With cabbage abounding everywhere you look, you may get a craving for saurkraut but don't have the time to wait for it to ferment. This fresh version will leave you satisfied in the meantime.

4 cups shredded fresh cabbage
1 grated carrot
1/4 grated onion
juice of 1/2 a large lemon
pinch of Celtic sea salt
1 Tbs. caraway seeds

Drizzle lemon juice over all ingredients and toss until thoroughly coated. Let stand a few hours and enjoy.

Serves 2