

Recipe – Rubbed Cabbage Salad

Ingredients:

- 1 head of cabbage, shredded fine
- ½ cup sesame seeds or gomasio
- 3 TBS toasted sesame oil
- juice of 1/2 to 1 whole lemon
- about 1 tsp Celtic salt

Directions:

In two batches, combine salt and cabbage in a large bowl. and massage the salt into the cabbage. Let sit for a few minutes. Drain off any water.

Combine with the rest of the ingredients and serve.

Serves about 8.