

# Pear and Red Cabbage Slaw

Cabbage and pear are excellent choices to promote brain health.



**Prep Time:** 20 minutes

**Cook time:** No Cooking

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## INGREDIENTS

**Yield:** 12 servings

### Dressing

- 2 tablespoons olive oil
- 2 tablespoons rice wine vinegar
- 2 tablespoons lime juice
- 1 tablespoon honey
- 1 clove garlic crushed
- 1/4 teaspoon salt and pepper

### Salad

- Juice of 1/2 lime
- 2 pears, thinly sliced strips
- 1 jalapeño, deseeded and finely diced
- 1/2 head red cabbage shredded with knife
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/2 cup chopped fresh cilantro

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## PREPARATION

### Make Dressing

- Whisk together oil, vinegar, lime juice, honey, garlic, salt and pepper. Set aside.

### Assemble Salad

- Place shredded cabbage in a large bowl. Sprinkle with 1/2 teaspoon sea salt and 1 tablespoon olive oil. Massage for 5 minutes to break down cells, making cabbage softer and easier to chew.
- Squeeze lime juice into a separate bowl. Slice pears into thin strips and immediately toss in the lime juice.
- Add diced jalapeño, chopped cilantro and pears to the red cabbage.
- Pour dressing over and toss.

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