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Fresh Collard Green Salad

By Donna Green Goodman, MPH

Ingredients

- 2 cups raw, young tender collards, shredded
- 2 cups raw green cabbage, shredded
- 1 cup fresh parsley, chopped
- ½ medium red onion, chopped fine
- 1 medium tomato, chopped
- soy bacon bits or veggie bacon cooked and broken into small pieces (optional)
- your favorite oil-based salad dressing

Instructions

1. In a medium bowl, mix collards, cabbage, parsley, and onion.
2. Pour in 1-2 cups of your favorite oil-based salad dressing.
3. Let marinate for 4 hours to overnight.
4. Pour out marinade and place salad in a serving bowl.
5. Top with diced tomato and optional bacon bits or veggie bacon.