

This is one of my favorite summer potluck specialties...everybody loves it...and it costs pennies per serving to make! It's low-calorie, low-fat, and of course, low-carb. The recipe comes originally from a friend from Romania, whose grandmother used to make it only in the summer...thus the name. I think you'll find it's a real crowd pleaser. It's been described as "crunchy lemonade"!

### **Romanian Summer Slaw**

Recipe developed by Bridget Hart, Sweet Enough Personal Chef Services

(best when made at least several hours before eating (preferably overnite), the cabbage absorbs the citrus but stays crunchy)

-1 med. head green cabbage (you can sub savoy cabbage if eating same-day as making, but doesn't "marinate" as well for longer time)

-One medium cucumber

-Juice of 3 large lemons

-Juice of 3 limes

-1/4 cup good olive oil

-Equivalent of 1/4 cup sweetener (adjust to your own taste)

-2 T dried Italian spice blend (usually basil, thyme, oregano, marjoram)

-1/2 t each, garlic and onion powder

-1 T Salt and 1 t fresh cracked black pepper

Use a mandolin or a good knife to slice the cabbage as thin as you can, leaving long strings, and separate out any core or thicker stems or leaf ribs. Put the remaining 'slaw' into a large bowl. Peel the cucumber, then, using the vegetable peeler, sheer along the length of the cucumber to get long strings of flesh directly into the bowl, rotating it as you go and discarding the seeded middle. Add citrus juice, olive oil, sweetener and spices into a separate bowl and whisk to combine. Pour dressing over the cabbage/cucumber mix and toss liberally. Refrigerate for at least 2 hours before serving, re-tossing to marinate every 20 minutes or so. Serve cold.