



Eat and drink, but waste not by excess (Al-A'raf 31)  
Banu Atabay's Mutevazi Lezzetler® Turkish cooking recipes

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## Black Cabbage Salad

Kara Lahana Salatası



1 bunch black cabbage  
1/2 cup boiled corn  
4 red peppers  
4 garlic cloves  
3 tbsp olive oil  
1 tbsp vinegar  
1/2 tsp salt

- # Wash the black cabbage (or chard), and drain the extra water on it.
- # Barbecue the red bell peppers (or banana peppers). You can roast the peppers also.
- # Cut the black cabbage into 1 inch pieces.
- # Remove the seeds of the peppers, and slice them into 1 inch pieces also.
- # Put the sliced black cabbage, pepper, pounded garlic cloves, boiled dry corns, olive oil, vinegar and salt, and mix them well.
- # Place onto the service plate.
- # Refrigerating the salad increases its taste.

Note: Black cabbage salad is from the region of Black Sea of Turkey.