

# Salata Ma Jibna (Salad with Parmesan Cheese)

**Makes:** 8 Servings

## Ingredients

- 1 cup** onions, cut into slivers or thin slices
- 1 cup** cabbage, cut into slivers or thin slices
- 1/2 cup** carrots, cut into very thin slices
- 1 cup** tomatoes, diced
- 1/4 cup** olive oil
- 1/4 cup** lemon juice
- 2 tablespoons** white vinegar
- 1 teaspoon** salt
- 1/4 teaspoon** black pepper
- 1 clove** garlic, minced
- 1/4 cup** parmesan cheese, grated

## Directions

1. In a salad bowl, combine onions, cabbage, carrots, and tomatoes.
2. Toss with olive oil, lemon juice, vinegar, salt, and pepper.
3. Sprinkle garlic and Parmesan over salad.

## Notes

Salata Ma Jibna is a Sudanese dish.

North Dakota Food and Culture: A Taste of World Cuisine. North Dakota State University Extension Service. Recipe on p. 26.

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	NA	
Total Fat	NA	
Protein	2 g	
Carbohydrates	5 g	2%
Dietary Fiber	1 g	4%
Saturated Fat	NA	
Sodium	NA	