

Sauerkraut Salad

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Unitarian Universalist Fellowship of Vero Beach, FL 2000

*1 large can sauerkraut,
drained*

1 cup onions, chopped

1 cup celery, chopped

*1 cup green pepper,
chopped*

1/2 cup vinegar

1 cup sugar

In a saucepan, heat the vinegar and sugar until the sugar dissolves.

In a bowl, mix the celery, onion and pepper.

Pour the dressing mixture over the greens.

Refrigerate.

When chilled, add the sauerkraut. Stir.

Refrigerate until ready to serve.

Per Serving (excluding unknown items): 956 Calories; 1g Fat (0.9% calories from fat); 6g Protein; 245g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 1675mg Sodium. Exchanges: 6 1/2 Vegetable; 14 Other Carbohydrates.