

RECIPE



RED CABBAGE & APPLE SLAW



Prep Time: 15 mins

Cook Time: 30 mins

Serves: 8 people

INGREDIENTS

Cabbage Slaw

- 1 small head red cabbage, shredded
- 4 large carrots, shredded
- 4 green onions, thinly sliced
- 1 cup of diced apples (red delicious or your favorite)

Apple Cider Vinegar Dressing

- 1 tablespoon Dijon mustard
- 1 garlic clove, minced
- 1/3 cup extra virgin olive oil
- 1/4 cup apple cider vinegar
- 2 tablespoons fresh lemon juice
- 1 tablespoon honey, as needed for sweetness
- salt and pepper, to taste

STEPS

- Place shredded cabbage, carrots and green onions in a large salad bowl. Set aside.
- In a mixing bowl, whisk together the dijon mustard, garlic, oil, apple cider vinegar, lemon juice, honey, salt and pepper; whisk until well combined.
- Pour dressing over the cabbage mixture and toss to combine.
- Taste for seasonings and adjust accordingly.
- Place in the refrigerator for 15 minutes.
- Remove from fridge and top with diced apples or pears.
- Serve and enjoy!