



Red Cabbage and Apple Salad With Ginger Vinaigrette

Ingredients

3 tablespoons apple cider vinegar
1 1/2 teaspoons grated peeled fresh ginger
1 teaspoon Dijon mustard
1 teaspoon honey
1/2 teaspoon minced garlic
3 tablespoons extra-virgin olive oil
1/4 teaspoon of salt (optional)
1/8 teaspoon ground black pepper
2 cups packed shredded red cabbage
2 cups packed shredded Napa cabbage
1 small red onion, thinly sliced
2 cups thinly sliced Granny Smith, Empire or Suncrisp apple*
Juice from 1 lemon
1/4 cup toasted, unsalted sunflower or pumpkin seeds
Flat parsley as garnish (optional)
Goat or feta cheese (optional)
*Any variety of apple will do – choose your favorite.

Preparation

1. Whisk together first 5 ingredients (through garlic) in a small bowl. Whisk in olive oil, salt, and pepper; set aside.
2. Toss cabbages together in a large serving bowl. Toss apple slices in lemon juice to keep from browning.
3. Add apple and half the sunflower seeds to cabbage. Toss with the dressing. Top with feta or goat cheese if using. Garnish with parley and remaining seeds.

Inspired by www.health.com