



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
2 cups thinly sliced Granny Smith apple*
2 teaspoons fresh lemon juice
1/4 cup toasted, unsalted sunflower or pumpkin seeds
* mango or oranges work well too

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 (or other fruit) with lemon juice to keep from browning.
3. Add apple and half the sunflower seeds to cabbage. Toss with the dressing. Garnish servings with remaining seeds.

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