

Apple and Cabbage Slaw

This is a different way to present a slaw using apples and no mayonnaise. This recipe also calls for salting the cabbage, which will remove excess moisture and keep the slaw really crunchy instead of a watery mess.

Serves 6-8

1 medium sized cabbage, core removed and chopped into little pieces
2 teaspoons of salt
2 apples, preferably tart Granny Smiths, cored and cut into matchstick sized pieces
2 green onions, thinly sliced
6 tablespoons of oil (not extra virgin)
1/2 cup of apple cider vinegar
1/2 cup of sugar
1 tablespoon of Dijon mustard
1/4 teaspoon of red pepper flakes

1. Toss the cabbage with the salt in a colander in the sink. Let sit for about an hour until the cabbage has wilted some. Rinse the cabbage and pat dry.
2. Toss the cabbage, apples and scallions in a large bowl.
3. In a small saucepan over medium heat, combine the oil, vinegar, sugar, mustard and red pepper flakes until they boil.
4. Pour it over the cabbage mixture and toss.
5. Cover with plastic wrap and refrigerate for at least an hour. The longer it sits, up to a day, the more flavor it will develop.