

Red Cabbage Apple Slaw

From Sweet Cayenne
Total Time: 15 minutes
Demo by Rick Jerz

There are many versions of coleslaw. This is one that Rick and friends enjoy. It goes well with any BBQ meats.

Ingredients

11 Servings

		Cost for 11 servings
1	Whole Head Organic Red and/or Green Cabbage, thinly sliced into ¼" strips (6-7 cups)	\$6 (Whole Foods)
2	Medium Granny Smith apple thinly diced into ½" pieces (about 2 cups)	\$2.60 (Whole Foods)
¾	Cup Dried Cherries	\$4.00 (Target)
½	Cup Roasted Sunflower Seeds	\$3.00 (Target)
5	T. Fresh Lemon Juice (about 2 large lemons)	\$1.40 (Target)
4	T. Olive Oil	\$.33 (Whole Foods)
4	T. Honey	\$.75 (Whole Foods)
2	T. Apple Cider Vinegar	\$.30 (Trader Joes)
1.5	t. salt	\$.10 (\$11.40/2lbs, Amazon, Himalayan Chef Pink Fine,)
1	t. Black Pepper, freshly ground (mortal and pestle)	\$.30 (Desi Brothers, Bloomington)
Total Cost		\$18.80 for 11, about \$1.75 per serving

Directions:

1. Combine the cabbage, apple, cherries, and sunflower seeds in a large serving bowl. Set aside.
2. In a mason jar or container with a tight-fitting lid, combine the lemon juice, oil, honey, vinegar, salt and pepper. Shake vigorously to combine.
3. Pour the entire amount of the dressing over the cabbage mixture and toss to combine. Cover and refrigerate for a minimum of an hour and up to 8 hours before serving.
4. Leftover slaw will keep in the refrigerator for 3 days.

Supplies for Cooking

Knife, food processor, bowl, measuring spoons, measuring cups, juicer, mortar and pestle, mixing spoon.

Wine or Beverage

What goes with the main course.



Rick's Food and Recipes Web Page
https://www.edu-gen.com/personal/food/food_recipes.html