



Gingered Cabbage Salad

Source: Vermont FEED New School Cuisine Cookbook (<https://vtfeed.org/resources/new-school-cuisine-nutritious-and-seasonal-recipes-school-cooks-school-cooks>)

Servings

6

Ingredients

2 2/3 cups Red cabbage, shredded	1 tsp Fresh ginger, peeled, minced
1 1/3 cups Green cabbage, shredded	1/2 tsp Honey
1 cup Apples, thinly sliced	1/2 tsp Dijon mustard
1 Tbsp Lemon juice	1/4 tsp Garlic, minced
1 Tbsp Olive oil	1/3 cup Dried cranberries
1 Tbsp Cider vinegar	3 Tbsp Sunflower seeds

Preparation

1. Cut cabbage into wedges and remove the core. Shred and set aside in a bowl.
2. Core and peel apples. Cut into thinly sliced wedges. Toss with lemon juice in a bowl to prevent browning.
3. Whisk oil, vinegar, ginger, honey, mustard, garlic, salt, and pepper until well combined.
4. Add apples and lemon juice to the cabbage. Drizzle with dressing and toss to coat.
5. Add cranberries and toss again. Sprinkle with sunflower seeds.
6. Cover and let stand for 15 minutes before serving. If preparing more than 30 minutes before service, refrigerate.

Dig Deeper

For information recipes, lessons, resources, guides, and more, visit:
mtharvestofthemonth.org



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Brassicas



Cauliflower



Kohlrabi



Cauliflower



Brussels Sprouts



Turnip



Brussels Sprouts



Cabbage



Cabbage



Turnip



Broccoli



Broccoli



Bok Choy



Bok Choy

Harvest
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Month

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The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, FoodCrops Montana, and Montana Department of Agriculture. More information and resources are available at www.montanafarmtofoodsmonth.com. Funds from the Montana State University Extension Service are an AD/FC/AN/Veterans Preference Employer and Provider of Educational Outreach.

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