

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.



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