



## February CABBAGE



### WARM RED CABBAGE SALAD

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## Warm Red Cabbage Salad

**ACTIVE:** 20 MIN **TOTAL:** 20 MIN

*In this quick German-inspired side dish, red cabbage is cooked until just tender and combined with sweet apples, caraway and a tangy vinaigrette. Serve with roasted pork loin or turkey kielbasa.*

- 1 tablespoon extra-virgin olive oil
- 4 cups thinly sliced red cabbage (about  $\frac{1}{4}$  large head)
- $\frac{3}{4}$  teaspoon caraway seeds
- $\frac{1}{2}$  teaspoon salt
- 1 crisp, sweet apple, such as Braeburn or Gala, cut into matchsticks
- 1 shallot, minced
- 1 tablespoon red-wine vinegar
- $\frac{1}{2}$  teaspoon Dijon mustard
- $\frac{1}{2}$  teaspoon ground pepper
- 2 tablespoons chopped walnuts, toasted (*see Tip*)

Heat oil in a large saucepan over medium heat. Add cabbage, caraway seeds and salt. Cook, covered, stirring occasionally, until tender, 8 to 10 minutes. Remove from the heat. Add apple, shallot, vinegar, mustard and pepper and stir until combined. Serve sprinkled with toasted walnuts.

**SERVES 6:** GENEROUS  $\frac{3}{4}$  CUP EACH

Calories 76, Fat 4g (sat 1g), Cholesterol 0mg, Carbs 10g, Total sugars 6g (added 0g), Protein 2g, Fiber 2g, Sodium 216mg, Potassium 194mg.

Nutrition bonus: Vitamin C (60% daily value).

**TIP:** To toast chopped walnuts, heat a small dry skillet over medium-low heat. Add nuts and cook, stirring, until lightly browned and fragrant, 2 to 3 minutes.