
Tangy Apple-Cabbage Slaw

Lorraine Dicken

Nettles Island Cooking in Paradise - 2014

1 medium head green cabbage, finely chopped
2 teaspoons salt
2 Granny Smith apples, cored and cut into thin matchsticks
2 scallions, sliced thin
6 tablespoons vegetable oil
1/2 cup cider vinegar
1/2 cup sugar
1 tablespoon Dijon mustard
1/4 teaspoon red pepper flakes

Toss the cabbage and salt in a colander set over a medium bowl. Let stand until wilted. Rinse the cabbage under cold water. Drain well. Place the cabbage into a large bowl.

Add the apples and scallions. Toss.

In a saucepan, bring the oil, vinegar, sugar, mustard and pepper flakes to a boil over medium heat. Pour over the cabbage. Toss to coat.

Refrigerate for at least one hour or up to one day.

Salads

Per Serving (excluding unknown items): 1272 Calories; 83g Fat (56.4% calories from fat); 2g Protein; 142g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 4464mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 2 Fruit; 16 1/2 Fat; 7 Other Carbohydrates.