# Apple Cabbage Slaw

Yield: Serves 4 - 5
Preparation Time: About 20 minutes

| Ingredients: | Equipment: |
|---|---|
| Salad:<br>• ½ lemon squeezed into 2 cups (500mL) water<br>• 1 apple<br>• 2 cups (500mL) cabbage (wedge of red or green cabbage), shredded<br>• ½ cup (125mL) grated carrot (about 1 carrot)<br>• 1 green onion, sliced thinly<br>• 1 Tbsp (15mL) fresh dill<br>• ¼ cup (50mL) raisins<br>• ¼ cup (50mL) sunflower seeds or pumpkin seeds Dressing:<br>• 3 Tbsp (45mL) cider vinegar<br>• 1 Tbsp (15mL) olive oil<br>• 1 Tbsp (15mL) water<br>• 1 tsp (10mL) honey<br>• ½ tsp (2mL) Dijon mustard<br>• pinch of salt and pepper | • cutting board<br>• small sharp knife<br>• juicer or reamer<br>• melon baller<br>• box grater<br>• measuring cups and spoons<br>• jar with tight fitting lid<br>• small-sized bowl<br>• large bowl<br>• colander<br>• large spoon |

Method:

1. Squeeze the **lemon** into water in a medium-sized bowl.
2. Cut **apples** in half. Remove core with a melon baller. Cut apples into half again then thinly slice each quarter. Add to the bowl with lemon water. (This will stop the apples from browning.)
3. Thinly slice a wedge of **cabbage** (or grate on a box grater). Place in a large-sized bowl.
4. Grate the **carrot** on the large holes of a box grater. Add to the cabbage.
5. Thinly slice the **green onion**. Add to the cabbage bowl.

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6. Tear the leaves of a few sprigs of fresh **dill** and add to the cabbage bowl. Mix together.
7. Measure the **cider vinegar, olive oil, water, honey, Dijon mustard, salt** and **pepper** into a jar with a tight filling lid. Screw the lid on tightly. Shake the dressing. You can also whisk the ingredients together in a small bowl.
8. Pour the dressing over the cabbage mixture. Add the **raisins** and **sunflower seeds**.
9. Pour the **apples** and water into a colander place in a sink. Drain well. Add to the other ingredients.
10. Toss the ingredients together. Place in the fridge until ready to serve.

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