

## Cabbage & Apple Salad



### Total:

10 minutes

### Makes:

10 servings

### Utensil:

Saladmaster Food Processor

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Salad 5/5

### Contributed By:

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### Recipe Description:

Every meal needs a delicious crisp salad to accompany it. This salad combines the tangyness of the vinegar, lemon and mustard with the sweetness of the honey and apples to make a salad everyone will love! Serve it as a side or as a healthy snack!

2

tbsp

red wine vinegar or balsamic vinegar

(32

g)

1

tbsp

apple cider vinegar

(16

g)

1

tbsp  
honey  
(21  
g)

1

tbsp  
spicy or creole mustard  
(11  
g)

<sup>1</sup>/<sub>4</sub>

cup  
extra virgin olive oil  
(59  
ml)

2

medium, unpeeled gala apples, sliced, use cone #3  
2

tbsp  
lemon juice  
(30  
g)

3

cups  
red cabbage, shredded, use Cone #4  
(228  
g)

2

cups  
green cabbage, shredded, use Cone #4  
(152  
g)

<sup>3</sup>/<sub>4</sub>

cup  
dried cranberries  
(90  
g)

<sup>3</sup>/<sub>4</sub>

cup  
pecan halves, optional  
(74  
g)

salt & pepper to taste (optional)

### Directions:

1. Whisk both vinegars and mustard in small bowl. Gradually whisk in the honey and olive oil.
2. Pour dressing and lemon juice over salad, season with salt & pepper (optional). Add cranberries and pecans and toss until combined.

3. Refrigerate and toss again before serving.

Nutritional Information per Serving

**Calories:**

202

**Total Fat:**

15g

**Saturated Fat:**

1g

**Cholesterol:**

0mg

**Sodium:**

26mg

**Total Carbs:**

18g

**Dietary Fiber:**

3g

**Sugar:**

13g

**Protein:**

1g