

## Cabbage & Apple Salad



**Total:**

10 minutes

**Makes:**

10 servings

**Utensil:**

Saladmaster Food Processor

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**Recipe:**

**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!



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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)  
¼ 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)  
¾ cup  
dried cranberries  
(90 g)  
¾ cup  
pecan halves, optional  
(74 g)

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** 18g  
**Carbs:**  
**Dietary Fiber:** 3g  
**Sugar:** 13g  
**Protein:** 1g