

## Red Cabbage, Arame & Apple Slaw



### Makes:

6 - 8 servings, as a side dish

### Utensil:

Saladmaster Food Processor  
3.5 Qt. Double Walled Bowl  
small mixing bowl

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### Recipe:

### Contributed By:

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### Recipe Description:

Arame, a mild and sweet tasting sea vegetable, is a nutritious addition to vegetable slaws. Arame is a significant source of protein, vitamins A, B complex, iron and calcium.

¼ cup  
    arame  
(5  
g)  
    1 small  
head red cabbage, sliced, use Cone #4 (approximately 2  
pounds/907 g)  
¼ cup  
    red onions, strung, use Cone #2  
(29  
g)  
    3 carrots, trimmed, scrubbed and julienned, use Cone #2  
    2 apples, scrubbed and processed, use Cone #3

### Dressing

2  
tablespoons fresh lime      (30 ml) 2  
    juice      ¼  
tablespoons fresh lemon juice (30 ml) ¼  
cup coconut aminos (60 ml) cup extra virgin olive      (60 ml) 1  
    oil  
teaspoon natural salt (6 g) **Directions:**

1. Place arame in a small bowl and cover with water. Let sit for 10 - 15 minutes then drain water. Rinse arame well.
2. Process red cabbage, red onion, carrots and apples directly into a mixing bowl.
3. Add drained arame to red cabbage mixture.

4. In a small bowl, thoroughly mix together all dressing ingredients.
5. Pour dressing over cabbage mixture and stir to combine dressing with cabbage.
6. Taste and add any extra seasonings as necessary.

**Tips:**

- Substitute red onion for minced scallions.
- Add in additional fresh minced herbs, such as cilantro or parsley.
- Serve cabbage slaw as an accompaniment to your favorite grilled sandwich, veggie burger or turkey/beef burger.
- Add toasted pumpkin seeds to cabbage slaw for an additional crunchy texture.
- Substitute coconut aminos for tamari or liquid aminos.

Nutritional Information per

▼ Serving

**Calories:** 125  
**Total Fat:** 7g  
**Saturated Fat:** 1g  
**Cholesterol:** 0mg  
**Sodium:** 474mg  
**Total** 16g  
**Carbs:**  
**Dietary Fiber:** 4g  
**Sugar:** 9g  
**Protein:** 2g