

# Warm Red Cabbage Salad

From – [www.eatingwell.com](http://www.eatingwell.com)

1 Tbsp extra-virgin olive oil  
4 cups red cabbage, thinly sliced  
 $\frac{3}{4}$  tsp caraway seeds  
 $\frac{1}{2}$  tsp salt  
1 crisp, sweet apple, such as Braeburn or Gala, cut into matchsticks  
1 shallot, minced  
1 Tbsp red-wine vinegar  
 $\frac{1}{2}$  tsp Dijon mustard  
 $\frac{1}{2}$  tsp freshly, ground pepper  
2 Tbsp chopped walnuts, toasted

- Heat oil in a large saucepan over medium heat.
- Add cabbage, caraway seeds and salt.
- Cook, covered, stirring occasionally, until tender, 8 to 10 minutes. Remove from the heat.
- Add apple, shallot, vinegar, mustard and pepper and stir until combined.
- Serve sprinkled with toasted walnuts.



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