

Apple Cabbage Salad

Ingredients

- 1 small purple cabbage
- 3 medium sized apples
- 1/3 cup of olive oil
- 1/4 cup of balsamic vinegar
- Salt and freshly ground pepper to taste
- Maple syrup, honey, or brown sugar to taste (optional)

| Prep Time | Cook Time | Servings |
|------------|-----------|----------|
| 10 minutes | 0 minutes | 8 |

Procedure

1. Remove outer layers of cabbage. Cut cabbage into quarters, then cut out core from centre of the vegetable. Proceed to thinly slice cabbage into bite sized chunks. Wash and dry the sliced cabbage to remove any dirt particles.
2. Wash and remove core from apples. Proceed to then cube apples.
3. Add the olive oil, balsamic vinegar, salt, pepper, and the optional sweetener of your choosing to a blender or quickly whisk the dressing until there is minimal separation between the oil and other ingredients.
4. Proceed to toss the cabbage, apples and dressing all together.
5. Enjoy.



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