

Fall Cabbage Salad

An oldie but goodie from our Harvest Festival Archives

Serves 6 to 8

Ingredients:

1 medium sized cabbage, finely sliced
1-2 large carrots, grated
2 medium apples, cored and finely chopped
½ cup or more dried cranberries (no sugar added)
¼ cup maple syrup
¼ cup apple cider vinegar
Juice of 1 lemon or to taste
¼ cup vegetable or light olive oil
Salt and pepper to taste

Directions:

In a large bowl, mix together cabbage, carrots, apples and cranberries. In a separate smaller bowl, mix together maple syrup, vinegar, lemon juice, oil and salt and pepper. Pour vinegar mixture over the vegetables and fruit and toss. Let sit for 1-2 hours or overnight to allow the flavours to combine.

Variations:

Replace cabbage with peeled and grated broccoli stems. You can also add raw or lightly toasted pumpkin seeds, sunflower seeds or slivered almonds.