Warm Red Cabbage Salad

From – www.eatingwell.com

1 Tbsp extra-virgin olive oil
4 cups red cabbage, thinly sliced
¾ tsp caraway seeds
½ tsp salt
1 crisp, sweet apple, such as Braeburn or Gala, cut into matchsticks
1 shallot, minced
1 Tbsp red-wine vinegar
½ tsp Dijon mustard
½ 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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