

SHREDDED CABBAGE AND APPLE SALAD WITH GOLDEN RAISIN VINAIGRETTE

Servings 8 -10

SALAD

2.5 lbs cabbage, shredded
2 ea. apple, cored and roughly chopped
1 cup dried toasted chick peas
1/2 cup raisins
1/2 cup cilantro
salt - to taste

DRESSING

1/2 cup golden raisins
1/4 cup apple cider vinegar
1/4 cup apple juice (not from concentrate)
1 1/2 tsp. curry powder
2 1/2 Tablespoons olive oil

SALAD DIRECTIONS

Combine the first 6 salad ingredients into a large bowl and toss until blended.

SALAD DRESSING DIRECTIONS

Combine the raisins, cider vinegar, and apple juice in a small pot and bring to a boil. Transfer the hot mixture to a food processor and blend on high, scrapping occasionally until well blended. Add the curry powder and continue to blend while adding the olive oil in a steady stream.

Pour the dressing over the cabbage, toss until blended, and refrigerate until needed.

Separate into serving dishes or into a bowl and serve.

NUTRITION FACTS

Calories 377	
Calories from Fat 105 % Daily Value*	Total Fat 11.7g 18%
Saturated Fat 0.9g 4%	Trans Fat 0g
Cholesterol 0mg 0%	Sodium 140.9mg 6%
Total Carbohydrate 66.3g 24%	Dietary Fiber 13.1g 53%
Sugars 47g	Protein 6.9g

* Percent Daily Values are based on a 2000 calorie diet.

INGREDIENTS: Cabbage, Gala Apple, Chickpeas (Cooked Dried Chick Peas, Water, and Sea Salt.), Raisins, Apple Juice (Concentrated Apple Juice, Sweeteners (High Fructose Corn Syrup, Sugar), Water, Natural Flavors, Malic Acid (Provides Tartness), Caramel Color.), Cider Vinegar (Distilled Vinegar (Diluted with Water to 4% Acidity), Natural Flavor, Caramel Color.), Olive Oil Blend (Extra Virgin Olive Oil, Canola Oil.), Curry Powder (Coriander, Fenugreek, Turmeric, Cumin, Black Pepper, Bay Leaves, Celery Seed, Nutmeg, Cloves, Onion, Red Pepper and Ginger.), Salt

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