

Cran-Apple Coleslaw

This simple slaw is inspired by a summer's day. The secret is to slice the cabbage as thinly as possible. This slaw makes a delicious accompaniment to almost any dish and is always a hit at BBQ's and potlucks.

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Prep Time	Cook Time	Yield
10 Minutes	none	4-6

Amount		Ingredient
1	lb	red cabbage, cored
2	tbsp	extra-virgin olive oil
1 1/2	tsp	coconut water vinegar
1/8	tsp	salt
1		apple, peeled, cored, and diced
1/2	cup	fresh cranberries (or thawed frozen)

Variations:

This coleslaw is delicious with dried cranberries instead of fresh. Also try substituting Asian pear for the apple.

Carrot-raise Coleslaw. Replace the red cabbage with a half and half mix of green cabbage and grated carrot and toss with 3/4 cup raisins instead of the apple and cranberries. Also add a generous pinch of cinnamon, 1 teaspoon finely grated orange zest, and 1/2 red onion very finely sliced.

Instructions

1. Use a mandolin slicer or food processor to slice the cabbage very finely, ideally 1/16 inch thick. Place in a serving bowl.
2. Combine the olive oil, vinegar, and salt in a small bowl. Pour over the cabbage and toss to coat.
3. Add the apple and cranberries, toss to combine, and serve. This coleslaw will keep well for up to 4 days in the fridge.

TIPS:

If you don't have a mandolin slicer or food processor to slice the cabbage, you can slice it with a knife, sprinkle it with 2 tablespoons salt, and let it sit in a colander in the sink for 1 hour. Rinse the salt off thoroughly, dry with paper towels or in a salad spinner, then follow steps 2 and 3.