



crunchy apple & red cabbage coleslaw

from Elle A Cooking @ Home

prep time: 30 min
cook time: --
ready in: 1 hr 30 min

servings: 4-6

ingredients:

For the Honey-Sesame Dressing:

- 1/3 cup mayonnaise
- 1 tablespoon black sesame seeds, toasted
- 1 tablespoon white sesame seeds, toasted
- 2 tablespoons apple cider vinegar
- 2 tablespoons honey
- 1 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper

For the Crunchy Apple & Red Cabbage Coleslaw:

- 1/2 medium red cabbage (or 1 small red cabbage)
- 1 large carrot, peeled

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- 2 Fuji or Gala apples
- 1 teaspoon lemon juice
- 2 scallions
- Honey-Sesame Dressing

directions:

For the Honey-Sesame Dressing:

Combine all the ingredients for the dressing in a medium bowl. Mix together with a spoon and set dressing aside.

For the Crunchy Apple & Red Cabbage Coleslaw:

Rinse cabbage and remove outer leaves. Cut out the core with a chef's knife. Thinly slice or finely shred with a food processor. Set aside in a large mixing bowl.

Grate peeled carrot using a box grater or finely shred with a food processor. Add to the bowl of shredded red cabbage and set aside.

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Rinse and pat dry apples. Slice each apple into quarters to remove the core. Julienne, or cut into matchsticks, using a chef's knife. Add to a smaller mixing bowl and toss with lemon juice. Set aside.

Thinly slice scallions and add to the bowl of shredded red cabbage and carrots. Add the julienned apples. Pour in the reserved dressing (trust me, you'll need all of it) and gently toss with tongs or salad spoons to coat evenly. Cover with plastic wrap and chill in the refrigerator for least 1 hour to let the flavors marry. Remember to occasionally toss the coleslaw to bring up the dressing that may have settled on the bottom. Use to garnish fish tacos or as a simple side dish with barbecue ribs or fried chicken ;)

notes:

I left the apples unpeeled for some added color and julienned the apples rather than shred them in the food processor for the improved texture. That way, you get that extra crunch from the apple in every bite ;)

The acid from the lemon juice helps prevent the apples from oxidizing while you're prepping the rest of the ingredients, so go ahead and take your time to thinly slice the scallions. I sliced the scallions last since they will leave their mark on the cutting board and I didn't want the apples to taste like them =P