

Cabbage and Apple Salad



CABBAGE AND APPLE SALAD

ingredients

1/2 small head of cabbage, thinly shredded (about 4 cups)

Pinch of salt

2 medium or 1 large carrot, shredded

1 apple, shredded

1/4 of a medium sweet onion, minced

1/2 tsp of sugar (optional but recommended if using sour apples)

1 tbsp lemon juice or apple cider vinegar

directions

In large mixing bowl, combine shredded cabbage with salt. Allow to sit 5 minutes. Gently squeeze out excess liquid with your hands until cabbage is soft but still slightly crunchy and excess liquid has released. Discard excess liquid.

Add carrot, apple, onion and lemon juice into the mixing bowl with cabbage. Sprinkle with sugar, if using.

Mix well and chill in fridge at least an hour or overnight for best flavor. Serve chilled as a refreshing side.

Inspired by the Polish dish Surówka z Kapuśy

notes

You can use red or green cabbage, or a combination of both!