

Tart Apple-and-Cabbage Toss

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Servings: 8

1 to 1-1/2 teaspoons caraway seeds

1/2 to 1 teaspoon fennel seeds

1/2 teaspoon freshly ground pepper

1/4 cup apple cider vinegar

1/3 cup mayonnaise

1 teaspoon sugar

8 cups (one medium head) red

cabbage, finely shredded

1 cup matchstick carrots

2 Granny Smith apples, thinly sliced

1/3 cup fresh chives, chopped

Place the caraway and fennel seeds in a mortar bowl or spice grinder. Grind using a pestle or grinder until the seeds become a medium powder.

In a small bowl, combine the pepper, vinegar and crushed seeds. Cover. Let stand one hour. Whisk in the mayonnaise and sugar. Season with salt to taste.

In a large bowl, combine the cabbage, carrots, apples and chives. Add the vinegar mixture and toss until blended. Let stand 10 minutes to one hour before serving.

Per Serving (excluding unknown items): 113 Calories; 8g Fat (58.8% calories from fat); 2g Protein; 11g Carbohydrate; 3g Dietary Fiber; 3mg Cholesterol; 63mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates.