

Zesty Cabbage Slaw

The beauty of this recipe is that while there are measurements listed here as guidelines, you can (and should!) taste and adjust, add herbs, garlic, peach puree, lime juice.....double it, triple it, quadruple it - there are no rules! This slaw is even delicious warm! You can also prepare the dressing a couple of days ahead of time and store in the fridge until you're ready to eat.

INGREDIENTS

- 16 ounces shredded cabbage (a combo of red and purple looks nice)
- 1 apple, cut into matchsticks
- 1 small onion or shallot, minced or 3 thinly sliced scallions
- ½ cup of candied nuts

- ½ cup olive oil
- ¼ cup apple cider vinegar
- ¼ cup maple syrup
- 1 tablespoon dijon mustard
- 2 tablespoons Dragon's Blood Elixir's Flaming Fury Peach Hot Sauce



This project was funded in part by the Connecticut Department of Agriculture through the Community Investment Act.



DIRECTIONS

In a large bowl, combine cabbage, apples, onions/scallions and nuts.

Prepare the dressing:

Combine all dressing ingredients in a small bowl and whisk until smooth and thickened. (Alternatively, combine all ingredients in a mason jar and shake until smooth and thick.)

Pour dressing over salad - you may not need all of it, so start with some and add more as needed.

Toss until all ingredients are evenly coated. Serve immediately.

Market Shopping List

- Cabbage - 18th C. Purity, Apis Verdi, Blueberry Hill Organics, Bluebird Hill, Colgan, CT Valley, Easy Pickin', Oxen Hill, Riverview, Wayne's Organic
 - Onions - 18th C. Purity, Apis Verdi, Blueberry Hill Organics, Bluebird Hill, Colgan, CT Valley, Easy Pickin', Oxen Hill, Riverview, Wayne's Organic
 - Apples - 18th C. Purity, Bluebird Hill, Easy Pickin'
 - Olive oil - Ariston
 - Peach hot sauce - Dragon's Blood Elixir
 - Maple syrup - Hydeville Sugar Shack
 - Nuts - The Nut Guy
- Dijon mustard, apple cider vinegar - **Highland Park Market of Coventry**



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