

# Warm Red Cabbage Salad

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*My ex-husband's father was from Prague and his mother from Germany. Every Thanksgiving, I would make the turkey and his father would make the red cabbage to go with it. A wonderful tradition. The red cabbage would cook for at least an hour, probably more with onion and apple. This is a modern version of this dish that you can make in just 20 minutes.*

1	medium	red onion, thinly sliced	3	ounces	goat cheese chunks or feta cheese
2	Tablespoons +	olive oil	1	Tablespoon	parsley, minced
24	ounces	small red cabbage	1	teaspoon	fresh sage leaves, minced
2	cloves	garlic, minced	$\frac{3}{4}$	cup	walnut pieces, toasted
2	Tablespoons	balsamic vinegar	$\frac{1}{2}$	teaspoon	Kosher salt to taste
2		red apple	3	grindings	black pepper freshly ground

- 1 Preheat oven or toaster oven to 350°.
- 2 Quarter the red onion and slice into thin slices. Add with olive oil to skillet, cover and cook onion on medium low heat for 7 to 10 minutes or until completely wilted.
- 3 While the onion is cooking, quarter the cabbage and remove the white inner core from each quarter. "Chiffonade" each wedge into thin slices. You can slice in a food processor in about minute. Add cabbage, minced garlic and vinegar to onion. Cook on medium heat for another 5 minutes or more until softened. At end of cooking add minced sage.
- 4 While cabbage is cooking, toast walnuts in 350° oven for 5 minutes. Then, slice apples in half, core it with a melon baller. With cut side down, cut in thin slices and then turn 90° and slice again so that you have short matchstick-like pieces.
- 5 Just before serving, add the apple pieces, parsley, half of goat cheese chunks and half of walnut pieces. Season with salt and pepper. Give a stir and warm through for a minute. Plate to a large bowl and garnish with remaining walnuts and chunks of goat cheese.

Servings: 8

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Total Time: 20 minutes

Oven Temperature: 350°F

## Nutrition Facts

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Nutrition (per serving): 219 calories, 111 calories from fat, 13g total fat, 4.9mg cholesterol, 87.9mg sodium, 339.8mg potassium, 22.9g carbohydrates, 4.3g fiber, <1g sugar, 5.1g protein.

## Source

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Source: Inspired by The Greens Cookbook by Deborah Madison

