



Makes 8 cups
Preparation Time: 15 minutes
Cook Time: 1 hours

INGREDIENTS:

4 oranges, cut into supreme (2 packed cups)
4 cups shredded red cabbage
½ cup dried cranberries
2 shallots, finely chopped (¼ cup)
¼ cup chopped walnuts, divided
2 tablespoons finely chopped fresh parsley, divided
3 tablespoons balsamic vinegar
1 tablespoon pure maple syrup
Sea salt and freshly ground black pepper, to taste

Red Cabbage Salad with Orange, Cranberries, and Walnuts

This rainbow-hued red cabbage salad is a treat for the eyes and the taste buds. The salad develops its delicious flavor as it sits, so be sure to chill it for at least an hour before serving—or make it a day ahead of time.

By Darshana Thacker Wendel

- 1** Supreme the oranges to remove bitter pith and membranes: Using a small, sharp knife, slice off fruit ends, and stand an orange on one flat end on cutting board. Working in sections around the fruit, slice off all peel and pith. You will be able to see the membranes that separate each segment. Tip the orange on its side, and slice each segment free from the membranes on either side.
- 2** In a salad bowl, combine orange supremes, cabbage, cranberries, and shallots. Add half of the walnuts and parsley, reserving the other half to garnish salad. Mix salad well.
- 3** In a small bowl, whisk together vinegar, maple syrup, salt, pepper, and 2 tablespoons water. Pour dressing over salad and toss well.
- 4** Chill the salad for at least an hour before serving. Serve garnished with reserved parsley and walnuts.