

Red Cabbage and Fennel Slaw with Sunflower Seeds

Serves 6

This crisp, colorful slaw is a world apart from your average mayonnaise-heavy mound of cabbage. Here, the shredded vegetables are dressed in a tangy-sweet vinaigrette that softens them slightly. Toasted sunflower seeds add a delightfully nutty crunch.

1/3 cup unsalted, hulled sunflower seeds
3 Tablespoons apple cider vinegar
1 Tablespoon honey
1/4 teaspoon sea salt
1/4 teaspoon black pepper
1/4 cup extra virgin olive oil

5 cups shredded red cabbage
1 medium fennel bulb, cored and thinly sliced
1 large carrot, shredded
1/2 cup red onion, thinly sliced

In a dry skillet over medium-high heat, toast the sunflower seeds, stirring frequently, until fragrant and lightly browned, about 3 minutes. Remove from the heat, transfer to a small bowl and let cool completely.

In a liquid measuring cup, whisk together the oil, vinegar, honey, salt and pepper until combined.

In a large bowl, toss together the cabbage, fennel, carrot and onion until combined. Pour the dressing over the salad and toss to combine. Taste and see if it needs an additional splash of vinegar or pinch of salt.

Just before serving, toss in the sunflower seeds.

Recipe by Ellie Krieger RD www.elliekrieger.com

Chef C's Cooking Notes:

- Substitute green cabbage for red, sliced celery for the fennel
- A wonderful make ahead slaw that holds well
- Feel free to jazz things up further by adding 1/4 cup of roughly chopped fresh parsley, dill, cilantro, or mint