

Ruby Slaw

Serves 6

I was sitting in the dentist's chair recently and out of the blue became inspired by red cabbage, red beets, red onion and red pomegranate. Delicious and visually stunning, this glistening, jewel toned side dish is the result of that inspiration. The slaw is jam packed with flavor, texture, loads of nutrients, and fiber. It holds up well, comes together fast, and can be made ahead of time, making it a lovely and healthy addition for any holiday table.

Slaw

1 pound cooked **red beets**, diced into approximately ½ inch cubes

8 cups **red cabbage**, shredded

½ cup very thinly sliced **red onion**

½ cup loosely packed **parsley, mint, or combo of both**, roughly chopped

½ cup fresh **pomegranate seeds**, optional

Dressing

½ cup **apple cider or red wine vinegar**

½ cup **extra virgin olive oil**

1 Tablespoon **honey or maple syrup**

½ teaspoon **sea salt**

¼ teaspoon **black pepper**

Scrub the beets and place them in a pot of salted water. Bring the water to a boil, then reduce the heat to a simmer and cook until the beets are tender, anywhere from 25-40 minutes depending on their size. When beets are cool enough to handle rinse under water and slip their skins off with your hands. Dice as directed.

While the beets are cooking combine the vinegar, oil, honey or maple syrup, sea salt and black pepper in a jar and shake well.

Place the cabbage and red onion in a large bowl. Pour the dressing over the prepared vegetables and toss to coat. Add the beets and toss again, making sure the vegetables are coated and well combined.

Add in the fresh herbs and pomegranate seeds, tossing to combine. Taste and see if the slaw could use a splash of acid or pinch of salt before serving.

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Chef C's Cooking Notes:

- Substitute fresh orange or lemon juice for the vinegar
- Dried cranberries or cherries would make a nice substitution for pomegranate
- If you like more crunch, add in some toasted walnuts, pumpkin, or sunflower seeds

