

Pretty Chopped Slaw

1/2 head of cabbage
1 large carrots, grated
2 1/4 inch slices of red onion
1 green apple
1/4 cup dried cranberries
1/2 lemon
3 tablespoons honey
3 tablespoons cider vinegar
2 tablespoons grapeseed oil
salt and pepper

Cut the cabbage into 1/8 to 1/4 inch slices and then coarse chop to about about 3/4 to 1 inch long. Place in a colander, salt and let drain for about an hour. Rinse the cabbage thoroughly and shake off the excess water. Then dry in a salad spinner or wrap in a clean hand towel to remove the remaining moisture.

Place the dried cabbage in a bowl. Then add:

- Carrot, grated or julienned
- Green apple, sliced into 1/8 inch slices, then sliced into 1/4 inch matchsticks, and each of those cut into thirds
- Red onion diced into 1/4 inch pieces
- Cranberries

Sprinkle with the juice from the lemon. Add salt and pepper. Stir together.

Next mix the honey, vinegar, and grapeseed oil together. Pour over the slaw and mix well. Refrigerate at least an hour before serving.