

RECIPE

Red Cabbage Salad



Ingredients

- 1 small head of purple cabbage
- 1 yellow bell pepper
- 1 red bell pepper
- ½ red onion
- A handful of sunflower seeds
- 4 sprigs of cilantro

For the vinaigrette:

- ¼ cup apple cider vinegar
- ¼ cup olive oil

- 1 tsp. Dijon mustard
- 2 tsp. honey
- ⅔ tsp. of salt
- Pepper to taste

Preparation

1. Cut all the vegetables into strips and reserve them.
2. In a large bowl, whisk all the ingredients for the vinaigrette, add the vegetables and stir until everything is incorporated.
3. Finish by putting the seeds and coriander leaves on top.

Tips

You can eat it on its own, put some avocado on top, or make it as a side or the main character of a meal.