

RED CABBAGE AND APPLE SALAD WITH SPICED WALNUTS AND CRANBERRIES

By: Katy Sparks

6 servings

Ingredients

2 cups thinly sliced red cabbage

1 cup thinly sliced firm apple (cut apple into quarters, remove seeds and core, leave skin on and slice)

¼ cup thinly sliced red onion

¼ cup cranberries: Poach fresh cranberries in a simple syrup until almost popped open- remove and cool.

¼ cup simple syrup from the cranberries

3 Tablespoons sherry vinegar

¼ cup spiced walnuts

Spiced Walnuts

1 cup walnut pieces

½ cup sugar

1/8 teaspoon cayenne

¼ teaspoon cinnamon

¼ teaspoon ground coriander seed

Directions

1. Combine all ingredients in a large bowl and toss well to coat in the dressing (the cranberries, simple syrup and sherry vinegar).
2. Lightly warm the walnut pieces in a low oven and keep warm while making the spiced sugar mixture.
3. In a pan, sprinkle the sugar evenly over the bottom of the pan and cook over medium heat until sugar begins to melt and caramelize around the edges. Add the spices and continue to cook sugar until mostly caramelized. Turn off the heat and add the warm walnuts. Stir to coat and pour out onto a plate to cool.