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# *Warm Red Cabbage Salad*

**Prep Time:** 10 mins

**Cook Time:** 10 mins

**Total Time:** 20 mins

## **Ingredients**

- 1 tablespoon oil, olive, extra virgin
- 4 cup(s) cabbage, red, thinly sliced
- 3/4 teaspoon caraway seeds
- 1/2 teaspoon salt
- 1 medium apple(s), sweet apple, such as Braeburn or Gala, cut into matchsticks
- 1 shallot(s), minced
- 1 tablespoon vinegar, red wine
- 1/2 teaspoon mustard, dijon-style
- 1/2 teaspoon pepper, black ground
- 2 tablespoon nuts, walnuts, chopped, toasted

## **Preparation**

1. Heat oil in a large saucepan over medium heat. Add cabbage, caraway seeds and salt.  
Cook, covered, stirring occasionally, until tender, 8 to 10 minutes.
2. Remove from the heat. Add apple, shallot, vinegar, mustard and pepper and stir until combined. Serve sprinkled with toasted walnuts.

