



**Eat Right
Be Fit
Live Well**

Apple, Walnut, and Savoy Cabbage Salad

Ingredients:

$\frac{1}{3}$ cup olive oil

$\frac{1}{3}$ cup cider vinegar

2 teaspoon honey

2 pinches kosher salt

Fresh ground black pepper

$\frac{1}{2}$ - $\frac{3}{4}$ cups walnuts

1 head Savoy cabbage – would not use green or red cabbage. If you can't find savoy, use Napa or Chinese cabbage

2 apples – skins included

Pecorino Romano cheese (or Parmesan)

Instructions:

1. For the dressing, whisk together $\frac{1}{3}$ cup olive oil, $\frac{1}{3}$ cup cider vinegar, honey, 2 pinches kosher salt, and fresh ground black pepper.
2. If desired, toast walnuts by placing them in a dry skillet over low heat for 3-4 minutes, stirring frequently, until slightly browned and fragrant. Immediately remove from the heat into a bowl.
3. Thinly slice 1 head Savoy cabbage. Core 2 apples and chop them. (If not eating immediately, sprinkle the apples with a bit of lemon juice to prevent browning.)
4. To serve, mix cabbage, apples and dressing together well – place on plates and top with apples, walnuts, and shaved cheese.
5. Add salt and pepper to taste.

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