



Napa Cabbage, Pomegranate & Apple Slaw with Walnut-Mustard Dressing

Prep: 25 minutes

Cook: 5 minutes • Serves: 6

Slaw

- ½ cup shelled walnuts
- 1 medium head napa cabbage (about 1½ pounds), shredded (about 6 cups)
- 1 medium Fuji apple, diced (about 1½ cups)
- ¾ cup pomegranate seeds
- ⅛ teaspoon ground black pepper

Dressing

- 3 tablespoons honey
- 3 tablespoons white wine vinegar
- 2½ teaspoons Dijon mustard
- ¼ cup plus 2 tablespoons walnut oil

- 1.** For Slaw: In small skillet, toast walnuts over medium-high heat 4 to 5 minutes or until fragrant and lightly browned, stirring frequently. Transfer walnuts to plate to cool completely; coarsely chop.
- 2.** In large bowl, toss remaining ingredients and walnuts.
- 3.** For Dressing: In medium bowl, whisk together honey, vinegar and mustard; slowly drizzle in oil, whisking constantly. Makes about ¾ cup.
- 4.** Toss Slaw with Dressing just before serving. Makes about 9 cups.

Approximate nutritional values per serving:

254 Calories, 18g Fat (2g Saturated), 0mg Cholesterol, 63mg Sodium, 21g Carbohydrates, 2g Fiber, 3g Protein