



# Cabbage and Apple Salad

SALAD  
GLUTEN FREE, DAIRY FREE

serves: 6  
active time: 15 min.  
total time: 15 min.

## INGREDIENTS

### SALAD

- 1/2 large cabbage (I used 1/4 red and 1/4 green), about 14 oz
- 1 lb shredded BBQ brisket (prepped - recipe above)
- 1 teaspoon coconut oil
- 1 small red onion, sliced or chopped
- 1 crunchy red apple, diced
- 2 Tablespoons chopped pecans, almonds, or walnuts
- 1 teaspoon dried cranberries

### MUSTARD DRESSING

- 5 Tablespoons extra virgin olive oil
- 1 Tablespoon wholegrain mustard
- 2.5 Tablespoons apple cider vinegar
- 3/4 teaspoon sea salt
- 3/4 teaspoon black pepper
- 1 tsp raw runny honey

## INSTRUCTIONS

1. Finely shred red cabbage and place into a large mixing bowl.
2. Shake all dressing ingredients together in a jam jar and drizzle over the red cabbage.
3. Heat coconut oil in pan over medium/high heat. Sauté onion and apple for a few minutes until softened. Add nuts for 30 seconds to warm through.
4. Transfer everything to the large mixing bowl. Add cranberries and toss everything to combine.
5. Top with warm BBQ brisket and serve!.