

# Cabbage Salad with Pomegranate

Serves: 6

Total Time: 15 min

## Supplies

- 1 large bowl
- 1 chef's knife
- 1 cutting board

- 1 small bowl
- 1 whisk

## Ingredients

### For Salad

- 2 cups green cabbage, thinly sliced
- 2 cups red cabbage, thinly sliced
- 2 cups apple, thinly sliced
- 1 cup pomegranate seeds
- $\frac{2}{3}$  cup pepitas
- 1 cup wheat berries, cooked
- $\frac{1}{4}$  cup parsley, chopped

### For Dressing

- $\frac{1}{4}$  cup lemon juice
- $\frac{1}{2}$  cup olive oil
- Zest of 1 lemon
- 1 tbsp dijon mustard
- 2 tbsp honey
- $\frac{1}{4}$  tsp salt
- 1 pinch black pepper
- 1 tbsp poppy seeds

## Instructions

- Chop all ingredients
- Place into a large bowl and toss with poppyseed dressing
- Serve and enjoy!

### For Dressing

- Add all ingredients to a small mixing bowl or container with a lid
- Whisk or shake the ingredients together until well-combined, smooth, and creamy