

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