

# All the Flavors Cabbage Salad

Spicy, sweet, salty, you name it, this salad has it all. So cool and refreshing, it's the perfect summer salad. This one was inspired by our soaring Texas temps and my day-long attempt not to wilt. Have some fun subbing in what you have on hand, but remember that the end goal is to keep it textured and crunchy.

## Ingredients

### Salad

- $\frac{1}{2}$  head of purple cabbage chopped
- 2 medium cucumbers cut into bite-sized chunks
- $\frac{1}{2}$  small red onion peeled and diced
- 1 jalapeno or your favorite pepper diced fine (remove the seeds to reduce the heat)
- 1 tart apple seeded and chopped
- A handful of toasted chopped nuts of choice
- 2- 3 TBL of toasted sesame seeds
- Salt and Pepper to taste

### Dressing

- $\frac{1}{2}$  cup extra-virgin olive oil
- $\frac{1}{2}$  cup tahini ( a pourable brand is a bit easier to work with)
- 4 to 6 tablespoons lime or lemon juice, to taste
- 1-2 TBL of rice vinegar
- 2-3 TBL maple syrup or honey, to taste
- Fresh herbs ( your choice of dill, basil, parsley, cilantro)
- Filtered water to thin to desired consistency
- Salt and pepper to taste
- 1 teaspoon fine sea salt

### Directions

1. Place all salad ingredients in a large bowl and mix with tongs or your hands.
2. Place all dressing ingredients in a small food processor or a glass jar and use an immersion blender, processing until smooth. Add dressing a bit at a time, careful not to drown the veggies.
3. Chill well and enjoy!