

Fall Slaw



These gorgeous purple cabbage heads called me by name at the Damariscotta Maine Coop. Locally grown with sweet, crisp leaves they produced a crunchy slaw packed with texture and flavor that didn't disappoint. The pomegranate molasses added the perfect tang to create a bowlful of deliciousness. Preparing this an hour before serving will provide the best results.

Ingredients

1 Small Asian Cabbage

1 Small Purple Cabbage

1 Yellow Sweet Pepper

3 TBL apple cider or white balsamic vinegar

1-2 TBL Maple Syrup

3 TBL Pomegranate Molasses

$\frac{2}{3}$ Cup Olive Oil

Handful of Basil

Salt and Pepper to taste

Dried Cherries

Toasted Pumpkin Seeds

Slice cabbages and sweet pepper into fine strips, cutting in half if needed. Blend dressing ingredients in a small

processor or with an immersion blender, adjust as needed for a tart-sweet flavor. Pour just enough dressing over veggies to coat well. Add dried cherries and pumpkin seeds.

Enjoy!