

Recipe – Red Cabbage and Carrot Salad

Ingredients:

- 1 pound carrots, shredded
- 1 small head red cabbage, shredded or sliced very thin
- 2 TBS sunflower seeds
- 2 TBS sesame oil
- ½ cup dried cranberries
- juice of 1 lemon
- juice of 1 orange
- 1/3 cup olive oil
- salt to taste

Directions:

Place the sesame oil in a pan and brown the sunflower seeds, stirring gently and avoiding over cooking.

Mix with the carrots, cabbage, and dried cranberries in a large bowl.

Blend the juices and olive oil and salt to taste.

Combine all and serve.

Serves about 12.