



## Low-Fat Refreshing Cabbage Salad

### Ingredients:

- 2 cups thinly sliced red cabbage
- 2 cups thinly sliced green cabbage
- 2 cups thinly sliced Napa (Chinese) Cabbage
- $\frac{1}{2}$  cup red onion, chopped
- $\frac{1}{2}$  each of yellow, red & green peppers, julienne
- $\frac{1}{2}$  cup fresh Italian parsley, chopped
- 1 teaspoon celery seeds
- $\frac{1}{2}$  teaspoon sea salt
- $\frac{1}{4}$  teaspoon pepper

### Dressing:

- 1 cup organic apple juice
- 1 cup apple cider vinegar
- $\frac{1}{2}$  cup fresh pineapple juice
- $\frac{1}{2}$  cup honey

### Procedure:

Prep all veggies; Mix wet dressing well and blend with the cabbages and veggies. Enjoy!

Recipe by Chef Kathryn Bari-Petritis 2001