

Curried Cabbage Slaw (wilted)

Prep time: 12 min
Cook time: 16 min
Servings: 3

- 1/2 head red cabbage, cored, and cut into thin strips
- 1 apple*, diced into 1cm pieces
- 3 green onions, diced
- 1 T olive oil
- 1/3 cup raisins*
- 2 tsp. hot or mild curry powder
- 1/3 cup apple cider vinegar*
- 1 tsp Kosher salt
- 1/2 tsp freshly ground black pepper
- 1/3 cup fresh parsley, stemmed and chopped

* recommended organic - it's a [Dirty Dozen](#) item



Directions

Pour the olive oil into a 12-inch skillet with high sides.

Stir in the green onions, raisins, apple, and curry powder. Simmer over medium-low heat until the onions are slightly softened and the curry is fragrant, about 4 minutes.

Raise the heat to medium, add the cider vinegar, and bring to a boil.

Pile in the cabbage, season with salt and pepper, and cook, tossing with tongs, until the cabbage starts to wilt and lose some of its volume, about 2 minutes.

Remove from the heat, cover, and let sit until softened and wilted, about 10 minutes.

Remove the covering, add the parsley and mix until well blended.

Can be served warm immediately or chilled. There is no need to reheat.

The remaining cabbage can be sliced and stored in a freezer bag for up to 4 weeks. I remove the air and blow in carbon dioxide (my exhale).

Modified from Abigail Johnson Dodge's recipe on [Finecooking.com](#)