

# HOLIDAY SALAD WITH APPLE CIDER DRESSING

PREP TIME: 15 MINUTES COOK TIME: 0 MINUTES

TOTAL TIME: 15 MINUTES SERVINGS: 8 CALORIES: 216KCAL

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This is my go-to salad to bring to a holiday party!

## INGREDIENTS

### SALAD DRESSING

- 3 tablespoons raw apple cider vinegar
- 6 tablespoons extra-virgin olive oil
- 2 tablespoons water
- 2 teaspoons Dijon mustard
- 2 garlic cloves , **minced**
- 2 tablespoons raw honey

### SALAD ASSEMBLY

- 3 romaine hearts
- 1 (12 oz) bag shredded cabbage (**about 4 cups**)
- 1 cup dried cranberries
- 1 cup crumbled gorgonzola
- freshly ground black pepper , **for serving**

## INSTRUCTIONS

1. To prepare the dressing, combine the vinegar, oil, water, dijon, garlic, and honey in a blender and blend until completely smooth. Set aside to let the flavors meld while you assemble the salad.
2. Use a sharp knife to shred the romaine hearts, then place the shredded romaine in a large serving bowl. Add in the shredded cabbage, cranberries, almonds, and Gorgonzola, and toss well.
3. Dress the salad about 15 minutes before you plan on serving it, to help soften the cabbage a bit. You don't want to add the dressing too far in advance, or the romaine could get too soggy. Toss everything well, and serve with cracked black pepper, if desired.
4. You can make this salad and dressing up to 48 hours in advance, as long as you don't pour the dressing over the salad until just before serving. Any leftover dressing can be kept in an airtight container in the fridge for up to 7 days.

## NUTRITION

Calories: 216kcal | Carbohydrates: 19g | Protein: 4g | Fat: 15g | Saturated Fat: 4g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 9g | Cholesterol: 11mg | Sodium: 181mg | Potassium: 160mg | Fiber: 2g | Sugar: 16g | Vitamin A: 3800IU | Vitamin C: 2mg | Calcium: 93mg | Iron: 1mg

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