



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

Creamy Winter Coleslaw

Serves 6

2 tablespoons freshly grated horseradish
2 tablespoons apple cider vinegar
1 tablespoon Dijon mustard
1 tablespoon maple syrup
1 teaspoon salt
½ teaspoon freshly ground pepper
1 clove garlic, finely chopped
¼ cup extra virgin olive oil
¼ cup thick Greek yoghurt
½ white cabbage, outer leaves and core removed then thinly sliced
½ red cabbage, outer leaves and core removed then thinly sliced
1 tart apple, julienned
¼ cup cashews, toasted and chopped
½ cup pomegranate seeds
1 medium carrots, sliced in thin rounds
Juice of 1 lemon

THE STEPS:

Place julienned apple pieces in a bowl with the juice from the lemon and enough water to cover the apple.

In a large mixing bowl, whisk together horseradish, vinegar, mustard, maple syrup, salt, pepper and garlic.

Slowly drizzle in olive oil, whisking constantly to make a thick dressing.

Stir in yoghurt.

Add prepared vegetables and toss well.

Serve immediately or cover and refrigerate until needed.

THE LOVE: Take the time to grate your own horseradish rather than using prepared horseradish. Makes all the difference in the world!