



Craig Lee / Special to The Chronicle; styling by Lindsay Patterson

Red Cabbage Salad With Nuts & Autumn Fruit

Serves 4

Think of this as a glistening scarlet autumn coleslaw.

About 1 pound (approximately $\frac{1}{2}$ head) red cabbage, thinly sliced or shredded

Kosher salt and freshly ground black pepper to taste

2 tablespoons red wine vinegar, or to taste

5 dried apricots or pears, pitted, diced

5 prunes, pitted and diced, or a handful dried cranberries

1 tart green apple, diced

1 Fuyu persimmon, cut into strips

$\frac{1}{4}$ to $\frac{1}{2}$ cup pomegranate seeds (about $\frac{1}{2}$ pomegranate)

1 to 2 tablespoons olive oil

$\frac{1}{2}$ to 1 teaspoon sugar

Large pinch ground cumin
2 to 3 heaping tablespoons walnut pieces

Instructions: Combine the cabbage, salt, pepper and vinegar; toss well, and let stand for at least 2 hours at room temperature, or overnight in the refrigerator.

Drain off all but 1 tablespoon of the liquid. Add the

apricots, prunes, apple, persimmon and pomegranate seeds. Mix well, then dress with the olive oil, sugar and cumin, and correct balance of salt, pepper and vinegar. Add walnuts just before serving.

Per serving: 182 calories, 4 g protein, 33 g carbohydrate, 6 g fat (1 g saturated), 0 mg cholesterol, 23 mg sodium, 7 g fiber.