

Tassajara Warm Red Cabbage Salad

Yield: 5 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-red-cabbage-salad-recipe>

Ingredients:

- 1/2 cup sunflower seeds
- 1 teaspoon cane sugar natural, or brown sugar
- fine grain sea salt
- 2 tablespoons extra virgin olive oil
- 1 red onion diced
- 3 cloves garlic minced
- 1 pound red cabbage head of, or radicchio, quartered and cut into thin ribbons
- 1 teaspoon fresh rosemary minced
- 2 ounces golden raisins or other plump, chopped dried fruit
- 1 1/2 tablespoons balsamic vinegar
- 2 ounces feta cheese crumbled
- freshly grated Parmesan cheese a bit of, to garnish, optional

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 15 milligrams
4. Fat: 17 grams
5. Fiber: 4 grams
6. Protein: 8 grams
7. SaturatedFat: 4 grams
8. Sodium: 400 milligrams
9. Sugar: 14 grams

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