



apple, mango & cranberry coleslaw

Want to bring summer to the table? Whip up this easy, colourful and tasty coleslaw, a crunchy combo of apples, mango, cranberries and spiced pecans. Tossed up in a tangy vinaigrette, this sweet and tart salad is guaranteed to make the sun shine with every bite.

SERVES: 6-8



julie albert & lisa gnat



ingredients

Spiced Pecans

- 1½ cups pecan halves
- 2 tbsp packed brown sugar
- 1 tbsp melted butter
- 1 tsp Worcestershire sauce
- ¼ tsp kosher salt
- 1/8 tsp garlic powder

Vinaigrette

- 2 tbsp rice vinegar
- 1 tbsp apple cider vinegar
- 1 tsp Dijon mustard
- 1 tsp sugar
- ¼ tsp kosher salt
- ¼ cup olive oil

- 2 Granny Smith apples, peeled and cubed
- 1 tbsp fresh lemon juice
- 3 cups thinly sliced Napa cabbage
- 3 cups thinly sliced red cabbage
- 1 cup dried cranberries or dried cherries
- 1 medium mango, peeled and cut into 1/2-inch cubes

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directions

1. Preheat oven to 350°F.
2. For the pecans, in a large bowl, combine pecans, brown sugar, butter, Worcestershire, salt and garlic powder. Mix well. Spread mixture on a baking sheet and bake 12-15 minutes, stirring every 5 minutes, until lightly toasted. Set aside and cool completely.
3. For the dressing, in a small bowl, whisk rice vinegar, cider vinegar, Dijon mustard, sugar and salt. Gradually whisk in olive oil.
4. In a large bowl, toss sliced apples with lemon juice. Add the cabbage, mango and dried fruit to the apples. Mix with the dressing and chill for 30 minutes before serving to blend flavors. Add pecans just before serving.

"I'm the coleslaw king of the world."

— DAVID ARQUETTE IN 'NEVER BEEN KISSED'

