

Red Cabbage, Orange and Walnut Salad

4 cups finely shredded red cabbage
3 oranges, skin and pith removed and cut into horizontal slices
1 just ripe avocado, cut into slices
4 spring onions, sliced on the diagonal
1 cup walnut halves

Dressing

1 Tbsp balsamic vinegar
2 Tbsp orange juice
1 tspn seeded mustard
½ tspn crushed garlic
1 Tbsp olive oil (or walnut oil)

Mix salad ingredients together in a large bowl, add sufficient dressing and toss through. Transfer to serving bowl or platter. Serves 4 as main course salad or 8 as an accompaniment.

Health Habits: