

Cabbage Salad with Dried Cranberries and Sunflower Seeds

3 cups cabbage (red or green) finely chopped

1-2 green onions chopped

¼ cup chopped cilantro

¼ cup dried cranberries

¼ cup sunflower seeds

1 clove garlic smashed and minced

¼ cup balsamic vinegar

¼ cup olive oil

Few drizzles of toasted sesame oil

Salt and pepper to taste

In a large bowl, mix first 5 ingredients together. In a separate bowl mix garlic vinegar, olive oil, sesame oil, salt and pepper. Taste the mixture and add a little honey or sweetener if too sour. Note: some balsamic vinegars are almost syrupy and sweet and in that case you don't need any sweetener. Add the vinegar /oil mixture to the vegetable mixture and toss.