

Cashew Sauerkraut Salad

Equipment Needed:

1 bowl for mixing the salad
1 small jar or measuring cup for mixing the salad dressing
Small whisk or fork for mixing the dressing
Measuring cups and measuring spoons
Cutting board
Knife for chopping
Small pan for roasting the nuts

Recipe:

2 cups sauerkraut
2 medium carrot, peeled and grated
1 stalk celery, sliced
1/2 cup Thompson raisins
1/4 cup cashews, lightly chopped and lightly roasted
3 tbsp fresh dill

Dressing:

1 1/2 tablespoons olive oil
1/2 tablespoon apple cider vinegar
1/2 tsp mustard or 1/4 tsp dry mustard powder.
1/2 tsp honey
Pepper to taste

Note: Extra salt is not needed for this salad as there is enough saltiness in the sauerkraut.

Place the cashews on a tray. Bake for 12 minutes at 275 degrees F. Let cool. Drain the sauerkraut and place it in a bowl. Add the carrots, celery, dill and cashews. Mix the dressing ingredients and add to the vegetables. Toss. Season with pepper. Serve or store in the refrigerator until ready to serve.

Serves 6