

## 17. Crunchy Sprout Salad

*This recipe makes 4 servings.*

### **Ingredients:**

- 1 large head red cabbage, shredded
- 1 pound spinach
- 2 cups packed sunflower sprouts
- 1 bunch fresh cilantro, chopped
- 1 cup toasted sunflower seeds

### **Ingredients: For Basil-Cider Vinaigrette:**

- ¼ cup apple cider vinegar
- ¼ cup olive oil
- 2 tablespoons water
- 1 tablespoon Dijon mustard
- 1 garlic clove, pressed
- 2 tablespoons fresh basil, chopped
- Salt and pepper to taste

### **Directions:**

1. Preheat oven to 180°C/350°F.
2. Place sunflower seeds in a rectangular glass dish and place in oven to brown. About 10 minutes.
3. Meanwhile, combine and mix all of the dressing ingredients in a separate bowl.
4. Place the cabbage, spinach, sunflower sprouts, and cilantro in a large bowl. Gently mix in dressing and toasted sunflower seeds.
5. Serve immediately.