

Sweet and Spicy Coleslaw -from Martha Stewart Living

A healthy alternative to traditional mayonnaise-based slaw!

For the Slaw:

- 1/3 cup of golden raisins
- 1 small head napa cabbage (2 pounds), ribs removed, leaves thinly sliced crosswise
- 2 medium carrots, shredded (2 cups)
- 1 small apple, such as Granny Smith, cored and cut into ½-inch dice (1 cup)

For the dressing

- 1/3 cup cider vinegar
- ¼ cup honey
- 2 Tablespoons spicy stone-ground mustard
- 1 large jalapeno chile, stem, ribs, and seeds removed, minced (3 Tablespoons)
- 2 teaspoons coarse salt
- ¼ t. freshly ground pepper
- 3 Tablespoons extra-virgin olive oil

Make the slaw by first covering the raisins with boiling water in a small bowl, and letting them soak for 15 minutes. Drain. Then toss all the vegetables together in a large bowl.

Make the dressing by whisking together the honey, mustard, jalapeno, salt, and pepper. Pour in the olive oil in a slow, steady stream, whisking constantly until emulsified. Toss slaw with dressing just before serving.