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## Red Cabbage Salad with Blue Cheese & Maple-Glazed Walnuts

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Serve this hearty salad recipe—combining red cabbage, blue cheese and glazed walnuts—as an accompaniment to roast pork or chicken. To slice the cabbage quickly, cut the head into wedges and slice in your food processor. A mandoline is also a great tool for the job.

**8 servings** | **Active Time:** 35 minutes | **Total Time:** 35 minutes

### Ingredients

#### Vinaigrette

- 1 tablespoon crumbled blue cheese
- 1/4 cup extra-virgin olive oil
- 3 tablespoons red-wine vinegar
- 1 tablespoon Dijon mustard
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper

#### Salad

- 1 tablespoon extra-virgin olive oil
- 1 teaspoon butter
- 1 cup walnuts
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 3 tablespoons pure maple syrup
- 8 cups very thinly sliced red cabbage
- 2 scallions, thinly sliced
- 1/3 cup crumbled blue cheese

## Preparation

1. To prepare vinaigrette: Combine 1 tablespoon blue cheese, 1/4 cup oil, vinegar, mustard, salt and pepper in a mini food processor or blender; process until creamy.
2. To prepare salad: Place a piece of parchment or wax paper near your stove. Heat 1 tablespoon oil and butter in a medium skillet over medium heat. Add walnuts and cook, stirring, for 2 minutes. Add salt and pepper and drizzle in maple syrup. Cook, stirring, until the nuts are well coated and have begun to caramelize, 3 to 5 minutes. Transfer to the paper, spooning any remaining syrup over them. Separate the nuts while they're still warm. Let stand until cool, about 5 minutes.
3. Place cabbage and scallions in a large bowl. Toss with the vinaigrette. Serve topped with blue cheese and the walnuts.

## Nutrition

**Per serving** : 232 Calories; 19 g Fat; 4 g Sat; 9 g Mono; 6 mg Cholesterol; 12 g Carbohydrates; 4 g Protein; 2 g Fiber; 284 mg Sodium; 273 mg Potassium

1 Carbohydrate Serving

**Exchanges:** 1/2 other carbohydrate, 1 vegetable, 3 1/2 fat

## Tips & Notes

- **Make Ahead Tip:** Store glazed walnuts (Step 2) airtight for up to 1 day.