

## Brassica Poppy Seed Salad

<http://userealbutter.com/2019/07/08/brassica-poppseed-salad-recipe/>  
*dressing modified from [The Kitchen McCabe](#)*

4 cups shredded kale (about 4 large leaves)  
3 cups shredded green cabbage  
1 1/2 cups shredded red cabbage  
1/2 cup dried cranberries, roughly chopped  
1/2 cup pumpkin seeds, toasted  
1 cup poppy seed dressing

### **poppy seed dressing**

3 oz. white vinegar  
1 oz. apple cider vinegar  
1 cup canola oil  
1/2 cup granulated sugar  
1 1/2 tbsp yellow onion, grated  
2 tsp salt  
1/2 tbsp Dijon mustard  
1 tbsp poppy seeds

**Make the dressing:** Place all ingredients except for poppy seeds in a blender. Mix on high speed until blended and emulsified. Stir in the poppy seeds. Bottle and refrigerate. Makes 2 cups.

**Make the salad:** Toss the kale, cabbages, cranberries, pumpkin seeds, and 1/2 cup of the poppy seed dressing together. Toss with more dressing to taste. Serves 4-6.