

German Sauerkraut Salad



2 cups sauerkraut
1 cup chopped celery
1 cup chopped red bell pepper
1/2 cup shredded carrots
1/3 cup chopped sweet onion

1 apple, cored and diced
1/3 cup olive oil
1/4 cup sugar
1/4 teaspoon black pepper

Instructions: Drain sauerkraut in a sieve over a bowl. Measure about 1/2 cup of liquid and reserve. Discard the rest of the liquid. In a large bowl, stir together drained sauerkraut, celery, red pepper, carrots, onion and apple. In a separate bowl, whisk reserved sauerkraut liquid, olive oil, sugar and pepper. Pour over sauerkraut mixture and stir. Let salad sit in the refrigerator for several hours or overnight before serving.

Yield: 6 servings

Nutrition Facts (per serving): 190 calories, 12 grams fat, 540 milligrams sodium, 20 grams carbohydrate, 4 grams fiber, 1 gram protein