

Corned Beef and Cabbage Salad

Ingredients

SERVINGS
Yields 4

Serving Size
3oz Corned Beef, 1/2C Cabbage

Salad

12 oz	corned beef, cooked, trimmed of fat, and chopped
3 C	Yukon gold potatoes, cooked and chopped
2 C	green beans (or haricots), halved, trimmed, and blanched
2 C	green cabbage, sliced
1 tbsp	chives

Mustard Vinaigrette

1/2 C	Dijon mustard
1/2 C	whole grain mustard
1/4 C	brown sugar
1 tbsp	molasses
1/4 C	apple cider vinegar
1 clove	garlic, minced
1 tsp	red pepper flakes

Directions

In a small bowl, mix together the mustards, brown sugar, molasses, cider vinegar, garlic, and red pepper flakes.

Arrange the corned beef, potatoes, green beans, and cabbage on a serving platter. Drizzle with 1/3 cup vinaigrette and top with chives.

Nutrition

Per serving

314	Calories
31g	Fat
24g	Carbohydrates
17.4g	Protein