



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Braised Red Cabbage with Sweet Apples and Onion

Ingredients:

- 1 tablespoon canola oil
- 1 medium red onion, thinly sliced
- 1 small head red cabbage, cored and shredded (about 4 cups)
- 2 sweet apples (such as Fuji, Gala or Jonagold), cored and cubed
- 2 tablespoons packed brown sugar
- ½ cup apple juice
- 2 tablespoons red wine vinegar
- 2 tablespoons caraway seeds, toasted
- 1 bay leaf
- ½ teaspoon salt
- 1/8 teaspoon freshly-ground pepper

Directions:

1. Heat the oil in a large saucepan over medium heat. Add the onion; cook, stirring for about 5 minutes until the onion softens and becomes translucent.
2. Stir in cabbage and apples. Cook just until the cabbage wilts, 3 to 5 minutes.
3. Combine brown sugar, apple juice and red wine vinegar in a small bowl and then stir the mixture into cabbage and apples. Add caraway seeds and bay leaf. Stir well.
4. Bring the cabbage-apple mixture to a boil. Cover; reduce heat to a simmer, cover, cook for 20 to 25 minutes until cabbage is tender.
5. Season with salt and pepper.
6. Before serving, remove bay leaf.

Serves 6

*120 Calories, 3 g Total fat, 0g Saturated fat,
25 g Carbohydrate, 5 g Dietary fiber,
2 g Protein, 220 mg Sodium*

Source: Academy of Nutrition and Dietetics

