

BRAISED RED CABBAGE WITH SWEET APPLES AND ONION



Makes: 6 servings
Serving Size: ¾ cup

Nutrition Information:

Calories: 120, Calories from fat: 25, Total fat: 3g, Saturated fat: 0, Trans fat: 0g, Cholesterol: 0mg, Sodium: 220mg, Total carbohydrate: 25g, Dietary fiber: 5g, Sugars: 17g, Protein: 2g

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
- 1/2 cup apple juice
- 2 tablespoons red wine vinegar
- 2 tablespoons caraway seeds, toasted
- 1 bay leaf
- 1/2 teaspoon salt
- 1/8 teaspoon freshly-ground pepper

PREPARATION

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. Before serving, remove bay leaf.

Notes

- To toast the caraway seeds, put seeds in a small, heavy, dry skillet over medium heat to bring out the aroma, shaking the skillet frequently for 1 to 2 minutes. Allow to cool.
- Substitute 5 whole cloves for caraway, if desired; remove before serving.

