



SWEET APPLE CABBAGE

4 - 6 servings

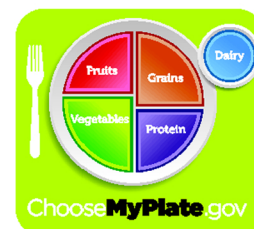
INGREDIENTS

- 2 apples, chopped
- 1/2 head cabbage, coarsely chopped
- 1 onion, chopped
- Oil or butter to cover bottom of pan
- Salt, to taste
- Vinegar, to taste (optional)

DIRECTIONS

1. Heat oil or butter in frying pan. Add onion and cook over medium heat for 3-5 minutes.
2. Add cabbage and apple. Cook over medium heat for 10-15 minutes. Stir often to keep mixture from burning.
3. Add a pinch of salt and a splash of vinegar. Dish is finished when apples have softened and the cabbage is as soft as you like it. Enjoy!

Eat a Rainbow!
Make half your plate
fruits and vegetables.



Fresh food tastes delicious and is easy to prepare.