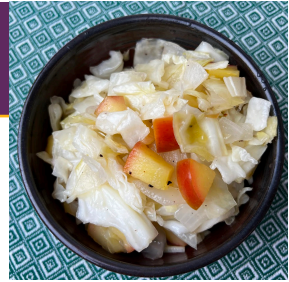


Sweet Apple Cabbage

Prep Time: 10 min

Cook Time: 15min

Servings: 4-6



A little sweet, a little sour and comfortably flavorful. This one pan wonder is easy to prepare and is a hearty addition to any meal. Sweet onion and apple bring a sweet bite to the dish, while the cabbage lends a nutty earthy quality. Honey and vinegar round things out by adding a bright tangy layer of flavor. Try this VT Fresh Recipe Tester suggestion: elevate the dish by adding caraway.*

Ingredients

- 1 medium head cabbage, washed and chopped
- 2 apples, washed, cored and cut into small chunks
- 1 sweet onion, chopped
- 1/4 cup honey, brown sugar, or maple syrup
- 1/4 cup vinegar
- 2 Tbsp oil
- salt & pepper, to taste

Steps

1. Heat oil over medium high heat in a large sauté pan, add chopped onions and apples and cook for 2-3 minutes. Add chopped cabbage, season with salt & pepper and stir to combine. Cook for 5 minutes stirring frequently.
2. Reduce heat to medium, add 1/4 cup water and honey/maple syrup/brown sugar to pan and cover to steam for 5-7 minutes until cabbage is tender.
3. Remove from heat, add vinegar. Taste and adjust seasoning.
4. Serve hot.

*A VT Fresh Recipe Tester recommended adding a teaspoon of caraway seeds when sautéing the apples and onions to elevate the dish. Delicious suggestion!