

Cabbage with Apples



Ingredients:

- 1 head cabbage, purple or green
- 1/2 cup red wine vinaigrette
- 1/3 cup water
- 2 apples, peeled, cored, thinly sliced
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon nutmeg, freshly grated

Directions:

1. Wash, drain and shred cabbage finely, place in a large saucepan.
2. Add vinaigrette, water, and apples. Cover and simmer on medium heat for 35 minutes, or until cabbage is tender.
3. Stir occasionally during cooking. Season it with the salt, pepper, and nutmeg.
4. Refrigerate unused portions.

Makes 8 servings.



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