

## German Red Cabbage Recipe

### Ingredients:

- 1 medium onion, halved and sliced
- 1 medium apple sliced
- 1 medium head of red cabbage, shredded (about 8 cups)
- $\frac{1}{3}$  cup sugar
- $\frac{1}{3}$  cup white or cider vinegar
- $\frac{3}{4}$  tsp salt, optional
- $\frac{1}{4}$  tsp pepper

### Directions:

In a large dutch oven, coated with cooking spray, cook and stir onion and apple slices over medium heat until onion is tender, about 5 minutes. Stir in remaining ingredients: cook, covered until cabbage is tender, about 1 hour, stirring occasionally. Serve warm or cold.

Makes 10 servings. 1 cup: 64 calories, 0 fat, 0 cholesterol; 23 mg sodium; 16g carbohydrate (12g sugars, 2g fiber) 1g protein. Diabetic exchanges: 1 vegetable,  $\frac{1}{2}$  starch. Source: Taste of Home website