

Sweet Sour Red Cabbage with Apples



Makes:

6 servings

Utensil:

Saladmaster Food Processor
12" Electric Oil Core Skillet

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Recipe:

Contributed By:

Saladmaster® Oil Core Skillet Healthy Cooking Guide

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1 small head red cabbage, about 2 pounds, processed, use
Cone #3

1 cup
onion, strung, use Cone #2
(115
g)

2 large tart apples, processed, use Cone #3
½ cup
red wine vinegar

(120
mL)
¼ cup
brown sugar, firmly packed

(45
g)
¼ teaspoon
freshly ground pepper

(1.25
mL)
½ teaspoon
salt, or to taste

(2.5
mL)

Directions:

1. Preheat covered electric skillet to 300°F/150°C.
2. Add cabbage, onion, apples, vinegar, brown sugar and pepper. Toss to combine, cover and cook.
3. When Vapo-Valve™ clicks, reduce temperature to 225°F/105°C. Cook an additional 17 - 20 minutes, until cabbage is crisp tender.
4. Add salt and toss to combine. Serve hot.

[Nutritional Information per](#)

▼ [Serving](#)

Calories: 118

Total Fat: 1g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 225mg
Total 29g
Carbs:
Dietary Fiber: 4g
Sugar: 21g
Protein: 2g
