

Sweet Sour Red Cabbage with Apples



Makes:

6 servings

Utensil:

Saladmaster Food Processor

12" Electric Oil Core Skillet

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Contributed By:

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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

¹?₂

cup

red wine vinegar

(120

mL)

¹?₄

cup

brown sugar, firmly packed

(45

g)

¹?₄

teaspoon

freshly ground pepper

(1.25
mL)¹₂

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 Carbs:

29g

Dietary Fiber:

4g

Sugar:

21g

Protein:

2g