

Braised Red Cabbage and Apples



side dishes

POINTS® Value: 1

Servings: 4

Preparation Time: 5 min

Cooking Time: 45 min

Level of Difficulty: Easy

This tangy side dish has an irresistible aroma and a gorgeous autumn color.

Ingredients

- 1/2 head red cabbage, small, cored and shredded
- 2 medium apple(s), green, peeled, cored and chopped
- 2 medium garlic clove(s), minced
- 2 tsp sugar
- 3 Tbsp red wine vinegar
- 1/8 tsp celery seed
- 1/2 tsp table salt

Instructions

- Put all ingredients in a heavy-bottomed pot. Cook, covered, over low heat until cabbage and apples are soft, 45 minutes. Add small amounts of hot water as it cooks if liquid begins to dry up.