

Skillet Cabbage and Apples

Ingredients:

- 1 medium cabbage head
- 1 onion
- 2 tablespoons water
- 2 tablespoons lemon juice
- 2 tart apples
- 1 tablespoon brown sugar

Equipment:

- Non stick skillet with lid
- Cutting Board
- Knife
- Measuring cups
- Measuring Spoons

Number of Servings: 6
 Prep Time: 15 minutes
 Total time: 30 minutes

Directions

1. Remove outer leaves of cabbage that are wilted or dirty, and wash under cool water. Place on a cutting board with the core facing up, and cut in half, through the core. Lay the half on the flat side, and cut in half again, through the core. Lay the quarter on a flat side and cut out the white core center. Keeping your fingers curved so they do not get cut and start slicing thin layers of cabbage off the quarter until all cut up. Cut up the remaining quarters the same way.
2. Cut the ends off of the onion, and peel off the brown layers. Run Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces.
3. Put two tablespoons of water in non stick skillet. Add cabbage and onions, Sauté for three to five minutes over medium heat. Stir while cooking. Add lemon juice. Simmer, covered for 10 more minutes
4. While cabbage is cooking, wash apples. Leave the skin on the apple and cut in half through the core. Then cut each piece in half again until you have 4 quarters. Cut out seeds and core and chop into thin slices.
5. Add diced apples, sprinkle with brown sugar, cover again and simmer until the cabbage and apples are tender.

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Nutrition Facts

Serving Size: 1 cup	
Servings: 6	
Amount Per Serving	
Calories 72	Calories from Fat 9
%Daily Value*	
Total Fat trace 1g	1%
Saturated Fat trace 1g	1%
Cholesterol 0mg	0%
Sodium 29mg	1%
Total Carbohydrate 17g	6%
Dietary Fiber 5g	19%
Protein 3g	5%
Vitamin A 5%	Vitamin C 91%
Iron 6%	Calcium 8%
*Percent Daily Values are based on a 2,000 calorie diet.	

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