

Cider-Braised Cabbage and Apples

Ingredients

1 pounds red cabbage, cored and cut into ½ inch pieces
2 apples, cored and cut into ½ inch pieces
1 ½ cup apple cider
2 garlic cloves, minced
4 tablespoons unsalted butter
1 teaspoon caraway seeds
1 tablespoon apple cider vinegar
Salt and pepper to taste

Instructions

1. Melt butter in a deep skillet over medium heat. Add garlic and cook, stirring, for one minute.
2. Add cabbage, apple, cider, caraway seeds, and a pinch of salt and pepper. Cover and cook, stirring occasionally, until tender, 15 to 20 minutes.
3. Add vinegar and cook, uncovered, for one minute. Liquid should be evaporated. Season with salt and pepper to taste.
4. Serve warm.

Makes about 8 servings

Adapted from vermontharvestofthemonth.org



UVMHealth.org/MedCenter

THE
University of Vermont
MEDICAL CENTER