

Sweet and Tangy Red Cabbage

INGREDIENTS

1 medium head red cabbage (about 1 1/2 pounds), coarsely shredded (about 7 cups)

1 medium, tart apple such as Honey Crisp, Granny Smith or Courtland, cut into medium slices

1/2 cup diced onion

3 tablespoons cider vinegar

2 tablespoons dark brown sugar

2 tablespoons sweetened, dried cranberries

2 tablespoons water

1/4 teaspoon salt

1/4 teaspoon pepper



DIRECTIONS

In the slow cooker, stir together all the ingredients. Cook, covered, on low for 5 to 7 hours or on high for 2 1/2 to 3 1/2 hours.

NUTRITIONAL INFORMATION

Per serving (1/2 cup serving)

Calories 63

Total Fat 0 g

Cholesterol 0 g

Sodium 94 mg

Carbohydrates 15 g

Fiber 3 g

Sugars 11 g

Protein 1 g

Recipe provided by the American Heart Association *Healthy Slow Cooker Cookbook*

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences and resource development.

University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.

UT Extension provides equal opportunities in programs and employment.