**NAME OF DISH**

**Braised Red Cabbage w/Apples**

**INGREDIENTS**

1 large red cabbage, quartered, cored, and cut crosswise into thin strips
2 Tablespoons of Canola Oil
1 small onion, thinly sliced
2 tart apples
1/3 cup of balsamic vinegar
1/2 teaspoon of ground allspice
Salt and pepper to taste

**INSTRUCTIONS**

Prepare the cabbage, and cover with cold water while you prepare the remaining ingredients. Heat the oil over medium heat in a large, lidded skillet or casserole, and add the onion. Cook, stirring, until the mixture is golden, about 3 minutes. Add 2 tablespoons of balsamic vinegar and cook, stirring, until the mixture is golden, about 3 minutes, then add apples, stir for 2-3. Drain the cabbage and add to the pot. Toss to coat thoroughly, add allspice, another 2 tablespoons of balsamic vinegar, and salt to taste. Cover the pot, cook on low for one hour, stirring time-to-time. Add freshly ground pepper, taste and adjust salt, and add another tablespoon or two of balsamic vinegar as desired.

**SERVING SIZE:** 6-8

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Red Cabbage

- It tastes even better the day after you make it.
  - Will keep in the fridge for 5 days
    - Reheat gently.
- Use 1-2 extra apples and an additional splash of balsamic vinegar.
- If allspice is not available, substitute nutmeg, cinnamon, cloves, or a combination of the three.
  - This pairs nicely with sausage.

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