Cabbage, Apples and Onions

**INGREDIENTS**
- 2 tablespoons butter
- 1 apple, coarsely grated
- ½ head of green cabbage, thinly sliced (about 3 – 4 cups)
- 1 small Vidalia onion, thinly sliced
- ½ teaspoon salt
- Dash of ground nutmeg
- 2 tablespoons cider vinegar
- 1 tsp sugar

**INSTRUCTIONS**
Melt butter in a large skillet. Add apples, cabbage, onion, salt, nutmeg, vinegar, and sugar; sauté over medium-high heat until tender (about 12-15 minutes). Season with salt and pepper, to taste.

**SERVING SIZE:**

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Cabbage is a low calorie vegetable that is rich in vitamins, minerals and antioxidants. In particular, cabbage contains 54% of the RDI of Vitamin C, a potent antioxidant that may help protect against heart disease, certain cancers and vision loss.

In addition, cruciferous vegetables like cabbage contain many antioxidants that have been shown to reduce chronic inflammation.

Finally, cabbage contains insoluble fiber, which keeps the digestive system healthy by providing fuel for friendly bacteria and promoting regular bowel movements.

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