



German Red Cabbage

Prep Time: 10 min **Cook Time:** 65 min **Servings:** 10 servings **Source:** Tasteofhome.com

INGREDIENTS

- 1 medium onion, halved and sliced
- 1 medium apple, sliced
- 1 medium head red cabbage, shredded (about 8 cups)
- 1/3 cup sugar
- 1/3 cup white vinegar
- 3/4 teaspoon salt, optional
- 1/4 teaspoon pepper

DIRECTIONS

In a large Dutch oven coated with cooking spray, cook and stir onion and apple over medium heat until onion is tender, about 5 minutes. Stir in remaining ingredients; cook, covered, until cabbage is tender, about 1 hour, stirring occasionally. Serve warm or cold.

NUTRITION

1 cup: 64 calories, 0 fat (0 saturated fat), 0 cholesterol, 23mg sodium, 16g carbohydrate (12g sugars, 2g fiber), 1g protein. Diabetic Exchanges: 1 vegetable, 1/2 starch.