

Cabbage with Apples and Caraway

I like to serve this with pork dishes. To release the flavor of the caraway seeds, crush them first and then add to the recipe.

- 1 (3/4 lb.) Savoy cabbage
- 1 large yellow onion, halved and cut into 1/4-inch thick slices
- 1 large Rome apple, cored, quartered and cut into 1/8-inch thick slices
- 1 tablespoon extra virgin olive oil
- 1 teaspoon caraway seeds
- salt and pepper to taste

Bring 5 cups water to a boil in a 2-quart sauce pan. Cut cabbage into small wedges or 1 1/2-inch cubes. Add to boiling water and blanch 2 to 3 minutes until bright green. Pour into a colander and drain. Heat oil in a large skillet over Medium-high heat. Separate onions into rings and saute in oil 3 minutes or until onions begin to soften. Add apple slices. Reduce heat to Low and cover skillet with lid. Cook 3 minutes more until apples begin to soften. Stir cabbage and caraway seeds into onions and apples. Heat through. Season with salt and pepper and serve.

Servings: 4

Preparation time: 10 minutes

Cooking time: 10 minutes

Ready in: 20 minutes

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

The following ingredients were not linked to the ingredient database and were not included in the nutrition information:

salt and pepper to taste

Amount Per Serving	
Calories	109.17
Calories From Fat (30%)	32.57
% Daily Value	
Total Fat 3.70g	6%
Saturated Fat 0.50g	2%
Cholesterol 0.00mg	0%
Sodium 378.68mg	16%
Potassium 379.56mg	11%
Carbohydrates 19.15g	6%
Dietary Fiber 6.07g	24%
Sugar 7.30g	
Sugar Alcohols 0.00g	
Net Carbohydrates 13.08g	
Protein 3.14g	6%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
1 (3/4 lb.) Savoy cabbage	4 x 1 cup, shredded of Cabbage, savoy, cooked, boiled, drained, with salt
1 large yellow onion, halved and cut into 1/4-inch thick slices	1 x 1 large onion of Onions, raw
1 large Rome apple, cored, quartered and cut into 1/8-inch thick slices	1 x 1 large apple of Apples, raw, with skin
1 tablespoon extra virgin olive oil	1 x 1 tablespoon of Oil, olive, salad or cooking
1 teaspoon caraway seeds	1 x 1 teaspoon of Spices, caraway seed
salt and pepper to taste	Not linked

Cooking Tips

To blanch the cabbage using the microwave oven refer to your owner's manual (microwave oven wattages vary) or follow these instructions: For fresh cabbage wedges, total blanching time is 1 1/2 minutes to 2 1/2 minutes. In a 2 quart casserole place 1/4 cup water and cabbage. DO NOT ADD SALT. Cover the casserole. On High power, microwave for half the time and stir. Recover the casserole and microwave for the second half of the minimum time. Stir again. Check for doneness. Vegetables should have an evenly bright color throughout. If all the vegetables are not evenly bright, recover the casserole and cook to maximum time. Drain vegetables. Plunge vegetables into ice water immediately, to prevent further cooking. Spread them on paper towels and blot with additional towels to absorb excess moisture.

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