

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Braised Red Cabbage with Green Apples

Ingredients:

- 1 tbsp canola oil
- 1 (10 oz) package shredded red cabbage
- 1 granny smith apple (thinly sliced)
- ¼ cup white balsamic vinegar
- ¼ cup water

Directions:

- Heat canola oil in large skillet over medium high heat.
- Add red cabbage, apple, balsamic vinegar, water.
- Cover and cook until just tender, about 10 minutes.
- Serve hot garnished with raw chopped pecans for added fat exchange.