

Red Cabbage with Chestnuts & Apples

Vegalicious website



Servings: 10

You need a very large pan to make this. Or, divide the recipe into two pans, then combine at the end when the cabbage and onions have reduced down.

1. Heat oil in large frying pan over medium-low heat. Add onions and shallots; saute until soft, about 5 minutes.
2. Add cabbage, vinegar, water and sugar. Add the seasonings Cover; cook until cabbage is tender, stirring occasionally, about 30 minutes.
3. Cut the apple into small pieces and add to the cooked cabbage. Add chestnuts; cook until warm through, about 10 minutes longer. Season with salt and pepper.

2 tablespoons vegetable oil
2 whole shallots, peeled, diced
2 whole red onions, thinly sliced
1 head red cabbage, thinly sliced
1/2 cup red wine vinegar, or apple cider vinegar
6 tablespoons water
3 tablespoons sugar, or sugar substitute
1 teaspoon allspice
1 teaspoon ginger
1/2 teaspoon cinnamon
salt and pepper to taste
2 whole Granny Smith apples, cored, peeled, cut in small pieces

8 ounces chestnuts, canned, drained, chopped

Serving Ideas: Ideally, serve with sausages or pork of some kind.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 118 Calories; 3g Fat (24.7% calories from fat); 1g Protein; 22g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.