

COZY AUTUMN SIDE

# Sauteed Red Cabbage & Apples

Sweet, tangy and especially good alongside pork

SERVES

4

PREP

12 min

COOK

20 min



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## INGREDIENTS

- 1 tsp olive oil
- 1 medium onion, sliced
- 1/2 head red cabbage, sliced (about 5 cups)
- 1 Tbsp honey
- 1/2 tsp caraway seeds
- 1 small apple, peeled, cored and diced
- 2 Tbsp red wine vinegar
- 1/2 tsp table salt
- 1/4 tsp freshly ground black pepper
- 1/2 cup water

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## DIRECTIONS

- 1 Heat the oil in a large nonstick skillet or Dutch oven. Saute the onion until softened, about 5 minutes.
- 2 Stir in the cabbage, honey, caraway and water. Cover and simmer until the cabbage begins to soften, about 8 minutes.
- 3 Add the apple, vinegar, salt and pepper. Cover and cook about 6 minutes more, until the cabbage is very tender.

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### WW POINTS

per serving

8 POINTS FOR THE FULL RECIPE

### COOK'S NOTE

This German-inspired side pairs beautifully with pork loin, roasted chicken or turkey.

### ESTIMATED NUTRITION PER SERVING

CALORIES

110

PROTEIN

2g

CARBS

23g

FAT

2g

SAT. FAT

0g

FIBER

4g

SODIUM

300mg

Nutrition is approximate and varies by brand; WW Points reflect the cited WW recipe.