

Sauteed Red Cabbage

Makes: 8 servings, (serving is ½ cup)

Per serving: Calories 100, Protein 2.5 gm, Sodium 30 mg, Potassium 340 mg, Phosphorus 45 mg

Note: a small amount of sugar added during the cooking process can bring out the natural flavor of the vegetable.

Ingredients

1 large head red cabbage
2 large onions
1 medium tart apple
1/3 cup red currant jelly
1/4 cup red wine or apple juice
1/4 cup garlic flavored red wine vinegar
1 whole bay leaf
4 whole cloves

Directions

1. Finely chop cabbage and slice onions.
2. Core apple and slice thinly leaving the skin.
3. Toss cabbage, onions and apples into a heavy skillet with a tight lid.
4. Stir in wine, red wine vinegar, jelly, bay leaf and cloves.