

FROM THE KITCHEN OF LYNN SALMON-EASTER

Red Cabbage + Apples

INGREDIENTS

- 3 Tbsp of olive oil
- 1 small onion, finely diced
- 1 Tbsp caraway seeds
- 1 medium red cabbage (about 2 pounds) quartered, cored, and finely sliced
- 2 Granny Smith apples quartered, cored, and diced or shredded
- Salt and freshly ground pepper
- Apple cider vinegar

DIRECTIONS

1. Heat the oil in a large skillet.
2. Add the onion and caraway, give them a stir, then cook for a few minutes over medium heat until the onion is translucent.
3. Add the cabbage and apples and season with 1 teaspoon salt.
4. Cover tightly and cook very slowly until the cabbage is meltingly tender, up to an hour.
5. Taste for salt, season with pepper, and toss with vinegar, to taste.



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