

CABBAGE COOKED WITH APPLES (SERVES 8)

INGREDIENTS:

- 2 tablespoons butter
- 1 medium head cabbage (2-2 ½ pounds)
- 3 medium apples, peeled, cored and cut into chunks
- 1/2 cup water
- Optional: 2 tablespoons apricot or raspberry jam
- Salt and pepper
- 1 tablespoon freshly squeezed lemon juice

TIPS:

- Can be made with any kind of cabbage, or with a combination of cabbages.
- Extra virgin olive oil, canola oil, or vegetable oil may be used in place of butter.
- Adapted from "How to Cook Everything" by Mark Bittman

DIRECTIONS:

1. Melt the butter over medium heat in a large, deep frying pan or in a saucepan or casserole. (Pot should have a cover.) Add the cabbage and apples and cook, stirring, until the cabbage begins to soften, about 3 minutes.
2. Add the water, turn the heat to medium-low, cover, and cook, stirring occasionally, for at least 30 minutes, or until the cabbage is tender and the apples have fallen apart. If the mixture dries out, add a little more water.
3. If using, stir in the jam or jelly. Season with salt and pepper, to taste. Add a few drops of lemon juice, taste, and add a little more if necessary. Serve and enjoy!