



JERSEY TASTES!

RECIPES

Braised Cabbage and Apples

INGREDIENTS:

FAMILY-SIZE

SERVES: 8

PORTION SIZE: 1/2 CUP



- 1/4 cup Spanish Onion, thinly sliced
- 1/4 teaspoon Garlic, minced
- 4 teaspoons Vegetable Oil
- 1/2 teaspoon Salt
- 1/4 teaspoon Black Pepper
- 4 teaspoons Cider Vinegar
- 1/2 cup Apple Juice
- 1/2 lb. Red Cabbage, thinly sliced
- 4 cups Chinese or Green Cabbage, thinly sliced
- 1/3 cup Apples, peeled & diced



SCHOOL FOOD SERVICE

PORTIONS: 25

PORTION SIZE: 1/2 CUP



- 3/4 cup or 1 medium Spanish Onion, thinly sliced
- 1 teaspoon Garlic, minced
- 1/4 cup Vegetable Oil
- 1.5 teaspoons Salt
- 1 teaspoon Black Pepper
- 1/4 cup Cider Vinegar
- 1 1/2 cups Apple Juice
- 1 3/4 lbs. Red Cabbage, thinly sliced
- 1 med. Head (Approx. 2 lbs.) Chinese or Green Cabbage, thinly sliced
- 1 cup (1/4 lb.) Apples, peeled & diced

Portion Size: 1/2 cup = 1/2 cup Veg/Other

DIRECTIONS:

- 1 Sauté onions & garlic in oil. Add salt & pepper. Cook until soft.
- 2 Add the vinegar & apple juice. Mix in the cabbages & apples.
- 3 Stir until coated.
- 4 Cook, stirring often, until the cabbage is soft; about 1 hour.