

Skillet Cabbage and Apples

Makes 6 servings



1 small head cabbage, washed and chopped or shredded (3 cups)
1 cup onion, chopped

2 tart apples, washed and diced
2 tablespoons water
2 tablespoons lemon juice
1 tablespoons brown sugar

Put 2 tablespoons of water in the frying pan. Add cabbage and onions. Sauté for 3 to 5 minutes over medium heat; stir while cooking. Add lemon juice. Cover and simmer for 10 more minutes. Add the diced apples and sprinkle with sugar. Cover again and simmer until the apples and cabbage are tender.

Recipe Source: Michigan State University Extension

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Farmers Market Food Safety Tips

- Wash hands before and after handling fresh fruits and vegetables.
- Remove any wilted or damaged outside leaves.
- Store cabbage in a plastic bag or wrap in the refrigerator at 41 degrees F or below. Cabbage will stay fresh for several weeks if stored properly.
- Before using cabbage, cut out core of cabbage with a sharp knife and rinse leaves with cool running water. Drain thoroughly.
- Keep cabbage away from raw meat and meat juices to prevent cross-contamination.

Nutritional Info Per Serving: 82 calories; 1g fat

Food Safety Cooking Demonstrations and materials are supported by a Food Safety Training and Education grant provided by the Michigan Department of Agriculture and Rural Development.

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