

## Caraway Cabbage and Cranberries

1 1/2 pounds green or red cabbage, quartered and cored  
2 teaspoons olive oil  
1 red onion, thinly sliced  
1 carrot, shredded  
2 apples, preferably Golden Delicious, cored and shredded  
1/4 cup dried cranberries, chopped  
1/2 teaspoon ground pepper  
1/2 teaspoon caraway seeds  
1/3 cup cider vinegar  
1 teaspoon sugar  
1/2 cup water  
2 tablespoons chopped fresh parsley

Using a sharp knife or a food processor fitted with the slicing disk, shred the cabbage. In a large saucepan over medium heat, heat the olive oil. Add the onion and carrot and sauté until softened slightly, about 5 minutes. Add the cabbage, apples, cranberries, pepper, caraway seeds, vinegar, sugar, and water. Bring to a boil. Reduce heat to medium, cover, and cook. Stir occasionally, until the cabbage is tender and the liquid has mostly evaporated, about 15 minutes. Stir in the parsley.

Serve now, or refrigerate in a tightly covered container for up to 24 hours. Although delicious freshly cooked, this combination seems to taste even better after the various elements have had a chance to mingle. If needed, reheat in a double boiler. To serve, transfer to a bowl.

**Serves 6.** *Per serving: 110 calories, 2 grams fat, 21 grams carbohydrate, 22 mg sodium, 0 mg cholesterol, 4 gm fiber.* Adapted from *The Mayo Clinic / William – Sonoma Cookbook*.

We grow lots of cabbage in the Blue Ridge Mountains. It is one of the oldest cultivated vegetables. Cabbage continues to be one of the best deals at the grocery store for your health as well as your budget. Vegetables in the cabbage family appear to protect against colon, rectal, stomach, and respiratory cancers. Cabbage is high in vitamins A, C, and K and is a good source of many minerals.

Your Partners in Health,  
**Candace and Lucy**