



INGREDIENTS

- 26 Ounces Cabbage
- 2 Apples (cored)
- 2½ Ounces Butter
- 2 Cups Distilled White Vinegar
- 2 Tablespoons Sugar
- ½ Tablespoon Caraway
- 2 Teaspoons Salt
- Parsley (chopped, for garnish)

DIRECTIONS

1. Shred the cabbage using the slicing disc of a food processor, then switch to the shredding disk to shred the apples.
2. Melt butter in a large, heavy pot, then add remaining ingredients (except parsley) and bring to a simmer.
3. Cook over low heat, stirring occasionally, for about 90 minutes, until the cabbage is soft and has darkened and the vinegar has reduced and softened in flavor. You may need to increase the heat near the end to finish reducing the vinegar.
4. Remove from the heat and serve with apple wedges and parsley.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

7 Cups Sweet &
Sour Cabbage

PORTION SIZES

Toddler: ¾ Cup

Preschool: ¾ Cup

School Age: 1 Cup

Adult: ¾ Cup