

Rineland Red Cabbage

Cassie Huck

St Timothy's - Hale Schools - Raleigh, NC - 1976

*1 head red or white
cabbage
2 tablespoons margarine
1 cup dry red wine
1/2 teaspoon salt
2 whole cloves
(one tablespoon) juice of
1/2 lemon
2 tart apples
1 onion, sliced
1/4 cup brown sugar
1/4 teaspoon pepper
1 bay leaf*

Shred the cabbage. Peel and core the apples; cut into small pieces.

In a large saucepan, melt the margarine. Add the apples and onions. Cook for about 5 minutes until the onions are transparent.

Add 3/4 cup of water, wine, brown sugar, salt, pepper, cloves, bay leaf and lemon juice. Stir and bring to a boil. Add the cabbage.

Cover and simmer for about one hour or until the cabbage is very tender.

(Very good with sauerbraten.)

Per Serving (excluding unknown items): 720 Calories; 26g Fat (38.5% calories from fat); 4g Protein; 89g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 1539mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Vegetable; 2 Fruit; 5 Fat; 2 1/2 Other Carbohydrates.