

Sweet-Sour Red Cabbage

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Servings: 4

*3 tablespoons butter or
margarine*

1 small onion, finely minced

4 tablespoons brown sugar

1 medium head (4 to 5

*cups) red cabbage,
shredded*

3 tart apples, sliced thin

1/4 cup buttermilk

salt (to taste)

pepper (to taste)

In a saucepan, melt the butter. Add the onion and brown sugar. Cook until a golden yellow.

Add the cabbage, apples, buttermilk, salt and pepper. Cover. Cook on high heat until steaming. Reduce to low heat and simmer.

Per Serving (excluding unknown items): 180 Calories; 9g Fat (calories from fat); 2g Protein; Carbohydrate; 3g Dietary Fiber; 24mg Cholesterol; 113mg Sodium. Exchanges: 1/2 Vegetable; 1 Fruit; 0 Non-Fat Milk; 1 1/2 Fat. Other Carbohydrates.