



Warm Apple-Cabbage Salad

Makes 4 servings

3 cups shredded cabbage
2 apples, cored and thinly sliced (keep peels on)
½ cup apple juice or broth or water
Cider vinegar to taste
Salt to taste

- Place cabbage, apples and liquid in a large skillet, cover and cook until tender.
- Stir in vinegar and salt to taste.
- Serve warm.

Nutritional Information (per serving):

Calories: 68
Fat: 0g
Saturated fat: 0g
Carbohydrate: 18g
Fiber: 4g
Protein: 1g

Recipe from *www.eatingwell.com*