



WARM APPLE-CABBAGE SLAW

Basic Lifestyle

Ingredients

1-1/2 cups shredded cabbage
1 apple, thinly sliced
1/4 cup apple juice, or broth or water
Cider vinegar, to taste
Pinch salt, to taste

Instructions

Place cabbage, apple and apple juice (or broth or water) in a medium skillet, cover and cook until tender. Stir in cider vinegar and salt to taste.

Portion-Per-Serving Information (Yields 2 servings):

1 serving = 3/4 cup = 1 V, 1/2 FR