## **Dutch Red Cabbage with Apples**

Cooking time: 30 minutes

HACCP Process #2 Same Day Service





## 1 Serving Provides:

CACFP:  $\frac{1}{2}$  cup Vegetable,  $\frac{1}{4}$  cup Fruit NSLP:  $\frac{1}{2}$  cup Other Vegetable,  $\frac{1}{4}$  cup Fruit

SFSP: ½ cup Vegetable, ¼ cup Fruit

	12 Servings		24 Servings	
Ingredients	Weight	Measure	Weight	Measure
Vegetable oil		1 Tablespoon		2 Tablespoons
Yellow onion, thinly sliced	7 ounces	1¾ cups	14 ounces	3½ cups
Red cabbage, core removed, sliced 1/4 inch	1 pound 13 ounces	3 quarts	3 pounds 10 ounces	1 gallon + 2 quarts
Cider vinegar		⅓ cup		½ cup
Sugar		1⁄4 cup		½ cup
Apples, fresh, skin on, sliced ¼ inch	13 ounces		1 pound 10 ounces	
Salt		¼ teaspoon		½ teaspoon
Cinnamon		¼ teaspoon		½ teaspoon
Cloves, ground		1 pinch		1/8 teaspoon



## **Directions**

- 1. Heat a large stock pot, steam jacketed kettle, or tilt skillet over medium heat. Add the vegetable oil and the sliced onions. Cook, stirring, until softened, about 3 minutes
- 2. Add the sliced red cabbage. Stir into the onions and continue to cook, covered, for about 3 minutes.
- 3. Add the cider vinegar, sugar and sliced apples. Stir the apples into the cabbage. Cover and cook for about 15 minutes, stirring every 5 minutes.
- 4. Stir in the salt, cinnamon and ground cloves. Continue to cook, covered, until the cabbage and apples are tender but still hold their shape.

CCP: Heat to 140°F or higher.

CCP: Hold for hot service at 135°F or higher.

Serve 2/3 cup portions.

Serving	Yield	Volume
²⁄₃ cup	12 Servings: about 3 pounds 24 Servings: about 6 pounds	12 Servings: about 2 quarts 24 Servings: about 4 quarts

Nutrients Per Serving								
Calories	73	Sodium	69 mg	Vitamin A	780 IU			
Total Fat	1.3 g	Carbohydrate	15 g	Vitamin C	40 mg			
Saturated Fat	0 g	Dietary Fiber	2.5 g	Iron	0.6 mg			
Cholesterol	0 mg	Protein	1 g	Calcium	38 mg			

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. ©2016 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.