

## Mustard-Glazed Red Cabbage

Serves 6 to 8.

### Ingredients:

1 Tablespoon extra-virgin olive oil  
½ medium onion, diced  
1 head red cabbage, about 2½ pounds, quartered and sliced  
1 medium apple, unpeeled, cored, cut into small dice  
¼ cup apple cider vinegar, divided  
1 Tablespoon butter  
2 to 3 Tablespoons Dijon mustard  
Salt and pepper, to taste

### Directions:

1. Preheat a large skillet over medium heat. Add olive oil to pan. Add onion, stirring to coat with oil. Cook until translucent. Add cabbage. Sprinkle with salt and pepper.
2. Stir in apples and half of the vinegar. Cover and cook until the cabbage has wilted, about 5 minutes.
3. Remove the lid. Cook until cabbage is tender and most of the liquid has evaporated, about 10 to 15 minutes.
4. Add remaining vinegar.
5. Just before serving, add butter and mustard. Taste and adjust seasoning.



## How to Prep Cabbage



Contributors:

Alice Henneman, University of Nebraska–Lincoln Extension in Lancaster County

Billene Nemec, Buy Fresh, Buy Local Nebraska, University of Nebraska – Lincoln

UNIVERSITY OF  
**Nebraska**  
Lincoln | EXTENSION



# WINTER RECIPES

In Partnership with:

University of Nebraska–Lincoln Extension  
Buy Fresh Buy Local Nebraska  
Nebraska Local Foods Network  
Nebraska Cooperative Development Center



## Brussels Sprout and Apple Salad

Serves 4 to 6.

### Ingredients:

- 1 pound Brussels sprouts
- 1½ teaspoon salt, divided
- 1 shallot, finely minced
- 2 Tablespoons cider vinegar
- 1 teaspoon sugar
- 2 Tablespoons olive oil
- 1 Granny Smith apple, cut into matchsticks

### Directions:

1. Fill a large saucepan about one-half full with water. Add about one teaspoon salt, cover, and bring to a boil. Add Brussel sprouts and cook for about one minute. Drain. Add cold water. After about one minute, pour off water.
2. In a small bowl, whisk together shallot, vinegar, sugar, and one-half teaspoon salt. Slowly whisk in olive oil.
3. Place Brussels sprouts and apple in a large bowl. Add dressing and stir to coat mixture.
4. Serve immediately for a crunchy salad or refrigerate overnight.



## Cider Braised Cabbage

Serves 4.

### Ingredients:

- 2 Tablespoons butter
- 1 medium onion, thinly sliced
- 1 head (about 2 pounds) green cabbage, quartered, cored, and thinly sliced
- ½ cup apple cider
- 2 Tablespoons apple cider vinegar
- Salt and pepper, to taste



### Directions:

1. Melt butter in a large saucepan over medium high heat. Add onion and cook until it begins to soften, about 5 minutes.
2. Add cabbage; tossing to coat with oil. Cook for about, stirring occasionally, for about 5 minutes.
3. Add apple cider. Cover and reduce heat to medium. Cook for about another 5 minutes.
4. Uncover; simmer until almost all of the liquid has evaporated.
5. Add vinegar. Season with salt and pepper.

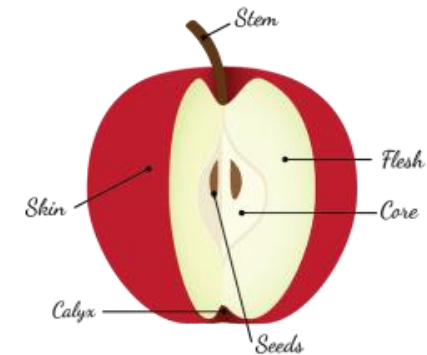
### Contact:

Dr. Georgia Jones  
Extension Food Specialist  
Department of Nutrition & Health Sciences  
University of Nebraska-Lincoln  
Lincoln, NE 68583-0808  
402/472-3225 • Email: [gjones2@unl.edu](mailto:gjones2@unl.edu)

Resource: [www.buylocalnebraska.org](http://www.buylocalnebraska.org)

## Apple Facts

- ✦ 25% of an apple's volume is air. That's why it floats.
- ✦ It takes energy from 50 apple tree leaves to produce one apple.
- ✦ The science of growing apples is called "pomology".
- ✦ Archaeologists have found evidence that humans have been eating apples for more than 8,500 years.
- ✦ There are more than 7,500 different varieties of apples.
- ✦ The average apple contains 5 seeds.



### Source:

<http://bestapples.com/resources-teachers-corner/fun-facts/>

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska- Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska- Lincoln Extension educational programs abide with the non-discrimination policies of the University of Nebraska- Lincoln and the United States Department of Agriculture.