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.

Contributors:

Alice Henneman, University of Nebraska–Lincoln Extension in Lancaster County
Billene Nemec, Buy Fresh, Buy Local Nebraska, University of Nebraska – Lincoln
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

Resource: 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.