

'What's Cooking!' Recipe Cards

RED CABBAGE WITH APPLES AND CRANBERRIES

**Food Fact:-**

Cabbage is rich in iron and has a high vitamin C content.

It is also an excellent source of beta-carotene to aid healthy skin and eyes.

Preparation time 6 mins

Cooking time 12 mins

**REAL FOOD
WORKS**

INGREDIENTS

1. Put oil and onion in a bowl, cover and cook for 2 minutes.
2. Add all the other ingredients except the almonds. Mix well, cover and cook on FULL power for 10-12 minutes or until cabbage is softened.
3. Stir in the almonds just before serving.

2 tbsp oil
 ½ red onion, chopped
 450gm red cabbage, finely shredded
 2 eating apples, cored and sliced
 2 tsp brown sugar
 50gm dried cranberries
 2 tbsp balsamic or red wine vinegar
 1/4 tsp ground cinnamon
 50g flaked almonds, toasted

