

Gingery Cabbage & Apples

- Use green or red cabbage. Bok choy and other dark leafy greens will work in place of cabbage.
- Use whatever apples you have on-hand. Unripe pears or peaches will also work in place of apples.
- If you shred the cabbage, cut the apples thin. If you cut the cabbage into 2” pieces, cut the apples the same size so they will have a similar cooking time.
- For easy prep-as-you-go cooking, cut the cabbage first and put it in the pan. As the cabbage wilts, cut the apples and add them straight into the pan.
- Keep the skin on the apples for extra fiber.
- For a quick week night meal, add a can of your favorite beans, serve with leftover meat or stir in a can of drained chicken or salmon.

Nutrition Facts

6-8 servings per container

Serving size 1 cup

Amount per serving

Calories 110

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 30mg 1%

Total Carbohydrate 25g 9%

Dietary Fiber 4g 14%

Total Sugars 19g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 54mg 4%

Iron 1mg 6%

Potassium 331mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Servings: 6

Prep Time: 25 minutes



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Ingredients:

- 1 Tablespoon butter
- 1-2 pounds red cabbage, shredded or cut into 2" pieces
- 1-2 apples thin sliced or cut into 2" pieces
- 1 Tablespoon fresh ginger, chopped or grated, or 1 teaspoon ground ginger
- 1/2 cup 100% apple juice
- 1 Tablespoon apple cider vinegar
- Salt to taste

Directions:

1. Add butter to a heated pan (with a lid) over medium heat.
2. Add the chopped or grated ginger and stir for about 1 minute.
3. Add the chopped or shredded cabbage and stir to coat with the ginger oil. Let it wilt to about half the original size, stirring occasionally.
4. Add the apples and apple juice. Stir to mix well.
5. Add the lid on the pan and let it come up to a boil, then reduce the heat to simmer and cook for about 10 minutes, or until the apples and cabbage are tender enough for your taste.
6. Stir in the apple cider vinegar and a pinch of salt to your taste.
7. Serve as a hot side dish or main course by adding a protein. Also tasty when cold!

Recipe Inspired by:
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