



## **Warm Apple-Cabbage Salad**

Makes 4 servings

3 cups shredded cabbage  
2 apples, cored and thinly sliced (keep peels on)  
½ cup apple juice or broth or water  
Cider vinegar to taste  
Salt to taste

- Place cabbage, apples and liquid in a large skillet, cover and cook until tender.
- Stir in vinegar and salt to taste.
- Serve warm.

### Nutritional Information (per serving):

Calories: 68  
Fat: 0g  
Saturated fat: 0g  
Carbohydrate: 18g  
Fiber: 4g  
Protein: 1g

Recipe from *www.eatingwell.com*