

Braised Cabbage

Serving Size: ½ cup

Serves: 12

Ingredients:

2 medium red cabbage (about 2 pounds)
4 tablespoons margarine, cut in small pieces
2 tablespoon Splenda sugar substitute
2 teaspoon Mrs. Dash
2/3 cup water
2/3 cup cider vinegar
1/2 cup red currant jelly
1/3 cup grated apples (sprinkle the apples with lemon juice to keep them from browning)

Directions:

1. Preheat oven to 325 degrees.
2. Wash cabbage, remove outer leaves, and cut in half lengthwise; remove core; slice or chop fine, using a knife or food processor.
3. In a heavy 4- or 5-quart casserole, combine margarine, Splenda, Mrs. Dash, water, and vinegar.
4. Bring to a boil on the stove; add cabbage and toss well to coat.
5. Bring to a boil; cover casserole, and place in oven.
6. Bake for 2-2 1/2 hours.
7. Check occasionally and add some water if all the liquid has cooked away.
8. Ten minutes before cooking is finished, stir in jelly and apple; replace cover.

Exchanges per serving:

1 Vegetable; 1 Fat; ½ Other Carbohydrates

Nutrients per serving:

Calories: 98

Calories from fat: 34.3%

Total Fat: 4g

Cholesterol: 0mg

Sodium: 62mg

Total Carbohydrate: 16g

Dietary Fiber: 2g

Protein: 1g