

## Sweet and Sour Cabbage

### Ingredients:

- 1/2 head cabbage
- 1 apple
- 4 cups hot water
- 1 tablespoon brown sugar
- 3 tablespoons vinegar
- 2 teaspoons cornstarch
- 1/2 cup water
- 1/2 teaspoon caraway seeds

### Equipment:

- Cutting board
- Knife
- Measuring Cups
- Measuring Spoons
- Sauce Pan

Number of Servings: 4  
 Prep Time: 25 minutes  
 Total time: 25 minutes

### Directions

1. Remove outer leaves of cabbage that are wilted or dirty, and wash under cool water. Place on a cutting board with the core facing up, and cut in half, through the core. Lay the half on the flat side, and cut in half again, through the core. Lay the quarter on a flat side and cut out the white core center. Keeping your fingers curved so they do not get cut and start slicing thin layers of cabbage off the quarter until all cut up. Cut up the remaining quarters the same way.
2. Wash apples. Leave the skin on the apple and cut in half through the core. Then cut each piece in half again until you have 4 quarters. Cut out seeds and core and chop into thin slices.
3. Place cabbage and apples in a saucepan. Add hot water and bring to a boil. Cover and reduce heat to low, and simmer until cabbage is tender, about 10 minutes. Drain in a colander and to serving bowl.
4. Put brown sugar and vinegar in a saucepan. Turn sauce pan on medium.
5. While pan is heating, put two teaspoons cornstarch in a glass or cup. Add 1/2 cup water and use a fork to cornstarch together until well blended and there are no lumps.
6. Quickly pour mixture in sauce pan and continue to heat until mixture is thickened. Add caraway seeds. Pour mixture over cabbage and toss lightly. Serve warm.

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### Nutrition Facts

Serving Size: 1 cup	
Servings: 4	
Amount Per Serving	
Calories 39	Calories from Fat 0
%Daily Value*	
Total Fat trace 1g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 11mg	0%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	5%
Protein trace 1g	1%
Vitamin A 1%	Vitamin C 9%
Iron 1%	Calcium 2%

\*Percent Daily Values are based on a 2,000 calorie diet.

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