



SWEET SOUR RED CABBAGE

RECIPE BY BETTY CROCKER

- 1 medium head red cabbage (1 ½ lb), thinly sliced
- 4 slices bacon, diced (*optional*)
- 1 small onion, sliced
- ¼ cup packed brown sugar
- 2 tablespoons Gold Medal™ all-purpose flour
- ¼ cup water
- 3 tablespoons white vinegar
- ¼ teaspoon salt
- ⅛ teaspoon pepper

In 10-inch skillet, heat 1 inch water to boiling. Add cabbage; heat to boiling. Boil uncovered about 15 minutes, stirring occasionally, until tender; drain and set aside. Wipe out and dry skillet with paper towel.

In same skillet, cook bacon over medium heat 4 minutes, stirring occasionally. If not using bacon, use 1 tablespoon oil, lard, or butter. Stir in onion. Cook 2 to 4 minutes, stirring occasionally, until bacon is crisp. Remove bacon and onion with slotted spoon; drain on paper towels. Drain fat, reserving 1 tablespoon in skillet.

Stir brown sugar and flour into bacon fat in skillet. Stir in water, vinegar, salt and pepper until well mixed.

Stir in cabbage, bacon and onion. Cook over medium heat 1 to 2 minutes, stirring occasionally, until hot.

Tip 1: Substitute a 1-pound bag of coleslaw mix for the red cabbage.

Tip 2: A cruciferous vegetable, cabbage is high in fiber, vitamin C and calcium. It also contains antioxidants which may protect against some cancers.

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