



Recipes

Leafy Greens

Sautéed Cabbage and Apples

Prep Time: 8 minutes

Cooking Time: 15 minutes

Yield: 4 servings

Ingredients:

2 tablespoons olive oil
1 medium onion, sliced
2 tablespoons apple cider vinegar
1 teaspoon mustard seeds
1 teaspoon caraway seeds
1/4 large head of cabbage, sliced
1 green apple, sliced
Gomasio or toasted pumpkin seeds, as garnish

Directions:

1. Heat oil in skillet and sauté the onion.
2. Add vinegar, mustard seeds and caraway seeds and cook for 2 more minutes.
3. Add cabbage and cook until slightly warmed. Add the apple slices.
4. Cover and simmer on low heat until cabbage is wilted and soft, approximately 10 minutes.