



Braised Red Cabbage and Apples with Bacon, Blue Cheese & Walnuts

Prep: 35 minutes

Roast: 55 minutes • Serves: 8

- 1 large head red cabbage, quartered, cored and thinly sliced (about 14 cups)
- 6 slices bacon, cut crosswise into ¼-inch pieces
- 2 medium Golden Delicious or Granny Smith apples, cored and chopped (about 3 cups)
- 1 bay leaf
- 1½ cups apple cider or apple juice
- 1 tablespoon granulated sugar
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 3 tablespoons red wine vinegar
- 1 container (5 ounces) crumbled blue cheese (about 1 cup)
- ¼ cup chopped walnuts

1. Preheat oven to 325°. Heat large covered saucepot of water to boiling over high heat. Add ½ of the cabbage; cook 3 minutes. With slotted spoon, immediately transfer cabbage to large bowl. Repeat process, returning water to boiling before adding remaining cabbage.

2. Heat medium roasting pan or Dutch oven over medium-high heat. Add bacon and cook 8 minutes or until crisp, stirring frequently. Transfer to paper towel-lined plate to drain. Discard all but 1 tablespoon bacon fat.

3. Add apples, bay leaf, cider, sugar, salt, pepper and cabbage to pan; cover tightly with lid or foil. Roast 55 minutes or until cabbage is tender, stirring every 15 minutes. Remove bay leaf; stir in vinegar.

4. With slotted spoon, transfer cabbage mixture to serving bowl. Sprinkle with cheese, walnuts and bacon to serve.

*Approximate nutritional values per serving:
211 Calories, 9g Fat (4g Saturated),
19mg Cholesterol, 579mg Sodium,
24g Carbohydrates, 4g Fiber, 9g Protein*

Dietitian's Dish

> Fill half your plate with the cabbage and apple side to create a MyPlate balanced meal.