

Braised Cabbage and Apple

BY **CHEF NICK SPEROS**, SCHOOL FOOD CHEF, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

This is a classic French method of handling the abundance of cabbage that farmers produce in the north of France. The onions and apples lend sweetness, while the cider vinegar finishes off the dish with a bit of sharpness. This is a wonderful side for almost any protein or as a fresh enhancement to frozen vegetable medleys. It also makes a great filling in a taco or wrap.

4½ cups thinly sliced Spanish onions
(2⅓ pounds or 7 large)
⅛ cup thinly sliced garlic
(¾ ounce or 7 cloves)
3 tablespoons salt
1 tablespoon black pepper
1½ cups vegetable oil
1½ cups cider vinegar
9 cups apple juice
48⅓ cups thinly sliced red cabbage
(7½ pounds or 3 large heads)
53½ cups thinly sliced green cabbage
(8¼ pounds or
3 large heads)
6 cups sliced apples
(1½ pounds or 3 large)

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ¾ CUP

In a tilt skillet or a large braising pan, sauté onions and garlic in the oil, salt, and pepper until soft and melted.

Add the juice and vinegar. Mix in the cabbages and apples; stir until coated.

Cook, stirring often, until the cabbage is soft; about 1 hour.

Taste for seasoning.

NUTRITIONAL INFORMATION

CALORIES: 68; SODIUM: 229.69 MG; SATURATED FAT: 6.13%

USDA REQUIREMENTS MET

½ CUP OTHER VEGETABLE