

HARVEST OF THE MONTH

Sauteed Red Cabbage with Raisins



Week 3, Monday Lunch, (1/14/13) Substitute for Frozen Mixed Vegetables

Serving Size: 1 cup

Recipe inspired by the Martha Stewart Cook book

Ingredients:

6 tablespoons extra-virgin olive oil
1 red cabbage, halved, cored, and thinly sliced crosswise
1 onion, diced
6 teaspoons coarse salt
6 tablespoons freshly squeezed lemon juice
3 tbsp cider vinegar
Freshly ground pepper
1/3 cup raisins

Preparation:

1. Heat oil in a large nonstick sauté pan over medium-high heat until hot but not smoking. Add cabbage and onions, and cook, stirring occasionally, until cabbage has softened slightly, about 15 minutes.
2. Stir in salt, lemon juice, and vinegar. Season with pepper. Cook until cabbage has wilted and onions have softened, 10 to 12 minutes more.
3. Stir in raisins; serve.