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Prevent and Protect
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ORANGE-CRANBERRY BRAISED CABBAGE

Southern Living – October 2011

Serves 6

- 1 medium-size head cabbage, shredded (10 cups)
- 3 tablespoons olive oil
- 1 (6-oz) package sweetened dried cranberries
- 1 teaspoon orange zest
- $\frac{3}{4}$ cup fresh orange juice (about 2 oranges)
- $\frac{1}{2}$ cup rice wine vinegar
- 1 tablespoon honey
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- $\frac{1}{2}$ teaspoon freshly grated nutmeg
- 3 teaspoons butter

Cook cabbage in hot oil in a Dutch oven over medium-high heat, stirring constantly, 5 minutes or until tender.

Stir in cranberries and next 7 ingredients. Cook, stirring often, 6 to 7 minutes or until liquid is reduced by half.

Remove from heat, and stir in butter.