

## Braised Red Cabbage

Preheat your oven to 350 f

- 1 small head about 2 pounds Red Cabbage thinly sliced
- 2 Tbsp butter
- 1 med. red onion chopped
- 2 medium crisp apple such as honey crisp chopped with skin on
- 1 tsp ea of celery seed
- ½ tsp of cinnamon
- ¼ c organic cane sugar
- 3 tbsp apple cider vinegar
- Salt and pepper to taste
- 4 Smoked cooked gluten free sausage

Over med/high heat add butter to a Dutch oven then add onion, season and sauté for a couple of minutes. Add remaining ingredients stir well. Cover pot and transfer to oven braise for 45 minutes. Slice the sausage on the bias and add to cabbage and return to oven for an additional 30 minutes.

### Did You Know

**Red Cabbage** is a good source of **Vitamin B6** and an awesome source of **Vitamin C** it has twice that of its green cousin. It's **very low in Saturated Fat and Cholesterol**. It is also a **very good source of dietary fibre 4.4 g per cup**.