
Sweet 'N' Sour Cabbage

*Adapted from Allison Fishman's You Can Trust a Skinny Cook
fullmeasureofhappiness.com*

Ingredients:

1 head cabbage, shredded
1 red onion, sliced
1 T vegetable oil
1 t fresh thyme leaves

1/4 C sugar
1/2 C water
2 t salt
1/3 C red wine vinegar

Directions:

Heat the oil in a large saucepan over medium heat. Cook the onions until softened, and then add the cabbage, salt, sugar, thyme, and water. Partially cover and simmer over medium-low heat until softened, about 30 minutes. Check the cabbage frequently enough to ensure there is enough water.

Remove from heat and add the vinegar and additional salt and red pepper flakes to taste if desired. Serve warm or cold.

Serves 8.

