

Red Cabbage & Apple Casserole – Serves 6

INGREDIENTS

- 1 ½ lbs. red cabbage
- 3 onions, chopped
- 2 fennel bulbs, roughly chopped
- 2 tbsp. caraway seeds
- 3 large, tart eating apples or 1 large cooking apple
- 1 ¼ cups plain yogurt
- 1 tbsp. creamed horseradish
- Salt and pepper

INSTRUCTIONS

- Preheat the oven to 300° F. Shred the cabbage finely, discarding any tough stalks. Mix with the onions, fennel and caraway seeds in a large bowl. Peel, core & chop the apples, then stir them into the cabbage mixture. Transfer the mixture to a casserole dish.
- Mix the yogurt with the creamed horseradish. Stir the yogurt and horseradish mixture into the casserole, season with salt and pepper & cover tightly.
- Bake for 1 ½ hours, stirring
- Stir once or twice during cooking. Serve hot.