

CABBAGE AND KIELBASA SKILLET

Preparation: **15** minutes | Cooking: **20** minutes | Servings: **4**

INGREDIENTS

1 (13-ounce) pack turkey kielbasa
8 cups chopped green cabbage
1 cup chopped yellow onion
1/2 cup sliced red apple
2 tablespoons chopped parsley
1 tablespoon apple cider vinegar
1 tablespoon whole grain Dijon mustard
1 tablespoon finely chopped garlic
1 tablespoon unsalted butter
1 tablespoon olive oil
1/2 teaspoon black pepper
1/4 teaspoon kosher salt
1/4 teaspoon paprika
1/4 teaspoon caraway seeds



INSTRUCTIONS

First, halve the turkey kielbasa lengthwise, and slice it into 1/3-inch-thick slices. Heat the oil in a large skillet over medium-high heat. Add the kielbasa slices, the onion and the caraway seeds, and cook for about 8 minutes, stirring occasionally, until the kielbasa is browned and the onion is tender. Add the butter to the skillet, cooking it over a medium-high heat for about 20 seconds, stirring constantly until it melts. Add the cabbage, the apple, the pepper and the salt. Cover the dish, and cook for about 10 minutes, stirring occasionally, until the cabbage and the apple are tender and browned. Then, uncover the dish, stirring in the garlic. Cook for about 1 minute, stirring constantly, until the garlic is fragrant. Once done, remove the dish from heat, and stir in the mustard and vinegar. Sprinkle with parsley and paprika.