



Beer Brat-and-Cabbage Crostini

INGREDIENTS

1 tbsp Gustare Vita olive oil
1 small yellow onion,
halved and thinly sliced
4 cups thinly shredded red
cabbage
1 tbsp coarsely ground Hy-
Vee black pepper
8 Hy-Vee desired flavored
bratwursts
2 (12-oz.) cans lager-style
beer
8 Hy-Vee Bakery brat buns,
split
Desired toppings, such as
chopped cooked potatoes,
onions, Hy-Vee Short Cuts
fajita vegetables, cooked
Hy-Vee thick-sliced bacon,
tomatoes, Hy-Vee
Provolone cheese and/or
Hy-Vee hamburger pickle
chips; Hy-Vee canned
sliced ripe olives; Hy-Vee
original yellow mustard;
Italian parsley; and/or fresh
basil

PREPARATION

- 1** Heat oil in a 4-qt. Dutch oven over medium heat. Add onion; cook for 5 minutes or until golden, stirring occasionally. Add cabbage; cook for 3 to 4 minutes or until cabbage begins to wilt, stirring occasionally. Stir in black pepper.
- 2** Remove Dutch oven from heat. Pierce casing on bratwursts with toothpick; add to cabbage mixture. Pour in beer. Return to heat and bring to boil; reduce heat to medium-low. Cover and gently simmer for 20 to 25 minutes or until bratwursts reach 165°.
- 3** Meanwhile, place oven rack 4 in. from heat. Preheat broiler to HIGH. Cut bun tops and bottoms diagonally into thirds. Place on a baking sheet, cut sides up. Broil for 20 to 30 seconds or until toasted.
- 4** Remove bratwursts from Dutch oven; diagonally slice bratwursts.
- 5** To serve, place 1 Tbsp. of cabbage mixture on each bun piece. Top with brat slices and desired toppings.

NUTRITION FACTS

Calories: 180
Total Fat: 8g
Saturated Fat: 3g
Trans Fat: 0g
Cholesterol: 25mg

Sodium: 300mg
Carbohydrates: 18g
Fiber: 1g
Sugar: 3g
Protein: 8g