

RECIPES

Cabbage Comfort



Ingredients (2 serving)

1/2 onion (sliced)
 1 teaspoon vegetable oil
 2 -1/4 cups cabbage
 (washed and sliced)
 1/4 teaspoon salt
 1/4 teaspoon black pepper
 1/2 teaspoon caraway seeds

Healthy add-in:

1 sliced tart apple —
 e.g., Granny Smith.

Instructions

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
 2. Heat oil in a medium-sized pan.
 3. Sauté onion over medium heat until light brown, about 5-6 minutes.
 4. Add sliced cabbage, salt, black pepper and caraway seeds.
 5. Stir and cook for 30 minutes.
 6. Serve immediately.
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Nutrition Information per serving

79 calories, 2.25 g fat, 0.15 g sat fat, 1.7 g protein,
 9.3 g carbohydrate, 3.15 g fiber, 310 mg sodium

CABBAGE

Choose: cabbage heads that are firm and dense with shiny, crisp, colorful leaves that are free of cracks and bruises.

Store: the whole head in a plastic bag in the crisper of your refrigerator for 1-2 weeks. Store partial cabbage heads in the refrigerator, covered tightly with plastic wrap.

How much? One head of cabbage weighs about 3 pounds.