



Sauteed Cabbage

Ingredients:

- 1 small head green cabbage (about 2-2 ½ pounds)
- 2 tbsp extra virgin olive oil
- 1 tbsp margarine (optional)
- 1 ½ tsp kosher salt
- ½ tsp freshly ground black pepper
- 1 tsp onion powder
- ½ tbsp apple cider vinegar
- 3 cloves garlic (minced)
- 1 tbsp chopped fresh oregano
- 1 tbsp chopped fresh parsley

Directions:

1. Cut the cabbage in half through its core. Slice each half as thinly as possible into fine ribbons, slice around the core, and discard it.
2. Heat a large sauté pan or cast-iron pan over medium-high heat. Add olive oil and margarine (if using) and stir to melt. Add the cabbage, minced garlic, onion powder, salt, and pepper.
3. Sauté for 10-15 minutes, stirring occasionally, until the cabbage is tender and it begins to brown.
4. Remove from heat when done cooking and stir in the apple cider vinegar. Taste and adjust for salt and pepper if needed.
5. Sprinkle with fresh chopped oregano and parsley and serve.

Servings: makes 4 servings.

Each serving = 2 cups select vegetables, daily healthy fat, daily salt.

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