



Sauteed Cabbage

Recipe Source: Well Plated by Erin

Servings: 4

Ingredients:

- 1 (2 1/2 lbs.) small head green cabbage
- 1 tbsp extra virgin olive oil
- 1 tbsp unsalted butter
- 1 1/2 tsp kosher salt
- 1/2 tsp ground black pepper
- 1/2 tbsp apple cider vinegar
- 1 tbsp chopped fresh thyme (optional)

Steps:

- Cut the cabbage in half from its top to the down through its core. Place the cut-side down on your cutting board, then slice it as thinly as possible around the core so that you have fine ribbons. Discard the core.
- Heat a large saute pan over medium-high heat. Add olive oil and butter. Once butter is melted, add cabbage, salt and pepper. Saute for 10 to 15 minutes, stirring occasionally, until the cabbage is tender and begins to brown. Don't feel like you need to constantly stir it. Leaving cabbage undisturbed for a minute or two as you go will allow it to develop flavor.
- Remove from the heat and stir in the apple cider vinegar. Taste and add a bit more salt, pepper or vinegar. Sprinkle with thyme. Serve warm.

Nutritional Facts (Per Serving): Calories: 141, Carbohydrates: 17 grams, Protein: 4 grams, Total Fat: 6 grams, Saturated Fat: 2 grams, Cholesterol: 8 mg, Sodium: 940 mg, Fiber: 7 grams, Sugars: 10 grams.