

CABBAGE--SAUTEED

Ingredients:

- 8 cups chopped cabbage sliced thin
- 8 teaspoons extra virgin olive oil
- 4 teaspoons margarine
- 1 ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 1 teaspoon onion powder
- ½ Tablespoon apple cider vinegar
- 3 cloves garlic (minced)
- 1 Tablespoon chopped fresh oregano
- 1 Tablespoon 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: 4

Uses:

2 cups select vegetable

2 servings healthy fat

Salt for day