

# Sautéed Cabbage

**Servings:** 4

**Diet:** Vegan, Vegetarian & Gluten-Free

## Ingredients

- 1 tablespoon oil
- 1 small onion, diced
- 1 clove garlic, minced
- 1 head cabbage, core removed, cut into thin strips
- ¼ teaspoon salt
- ¼ teaspoon pepper
- Optional: 4 strips of cooked and chopped low-sodium turkey bacon

## Instructions

**STEP 1:** Heat oil in a large pan. Cook onions until translucent, about 5 minutes. Add the garlic and cook about 1 more minute.

**STEP 2:** Add the cabbage and optional turkey bacon to the pan and cook until the cabbage is tender and starting to brown, about 25 minutes. Stir occasionally. Add a small amount of water if the cabbage starts to burn. Serve warm.



- **Nutrition Boost:** Add white beans or ground turkey for extra protein.
- **Did you know?** Cabbage is rich in Vitamin C, Vitamin K and fiber, which support digestion and heart health.



Per Serving: 100 Calories | 15g Carbs | 8g Sugar | 6g Fiber | 3.5g Fat (0.5g Sat Fat) | 3g Protein | 190mg Sodium

For more recipes and nutrition information, visit [capitalareafoodbank.org/recipes](https://capitalareafoodbank.org/recipes)