

Sautéed Cabbage

Just Say Yes to Fruits and Vegetables

This quick and delicious dish will get the whole family eating cabbage!



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Serves 6 ▪ Serving: 1 cup

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Savoy cabbage contains vitamin C, which is good for fighting colds and healing cuts!

Ingredients:

- 1 green cabbage
- 1-2 tablespoons vegetable oil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon salt
- ½ teaspoon pepper
- Water (optional)

Directions:

1. Cut the hard bottom off the cabbage. Place the cabbage upright, cut edge down, and slice the cabbage in half: from top to bottom.
2. With the large cut side down, slice the cabbage as thinly as possible around the core. Throw away the core.
3. In a large frying pan, heat oil over medium-low heat.
4. Add the cabbage, onion powder, garlic powder, salt, and pepper to the pan.
5. Cook for 10-15 minutes, stirring often. If the cabbage sticks to the bottom of the pan, add a little water (1 tablespoon at a time) and continue to stir often.
6. Once tender and beginning to brown, the cabbage is done. Serve and enjoy!
7. Refrigerate leftovers.