

Sautéed Cabbage with Onions and Cumin

1 head cabbage, root ends removed and shredded
2 Tbsp olive oil
1 small onion, sliced
3 garlic cloves, coarsely chopped
½ tsp cumin
Salt and Pepper to taste

In a large pot, bring ½ inch water to a boil. Add cabbage. Cover and heat for 4-5 minutes until crisp, but tender. Remove from heat and drain.

In large sauté pan, heat olive oil. Add onion and garlic. Saute for 3-5 minutes on medium heat until onion is slightly opaque. Add cabbage, cumin, salt and pepper, and sauté for 5-7 minutes. Serve.

Serves 4.

Calories 150 Fat 7g Sat Fat 1g Carbohydrate 20g Dietary Fiber 6g Protein 4g Sodium 25mg