

Sauteed Cabbage

Serving Size: 1 Cup | Servings per Recipe: 4 | Diabetes Friendly



INGREDIENTS

- 1 head of cabbage, core removed, cut into strips
- 1 small onion, diced
- 1 clove garlic
- 1 tablespoon oil
- Salt & pepper to taste



DIRECTIONS

- Add onion to a pan with oil over medium heat. Cook until the onions are translucent.
- Add garlic and heat for 1 minute.
- Add cabbage and cook until tender, this will take about 25 minutes. Stirr occasionally. Add a little water if the cabbage starts to burn.
- Add salt and pepper to taste.

Calories per serving: 70 | 4 g total fat | 8 g total carbohydrates | 90 mg sodium | 2 g protein

Recipe from Live Well Alabama, image from Two Peas and Their Pod