

# Louisiana HARVEST of the MONTH

## Cajun Pepper Cabbage Home Recipe

Serves: 6  
Prep Time: 20 minutes  
Cook Time: 35 Minutes

### Ingredients

- 1 small head of cabbage, cut into small pieces
- 1/8 tsp oregano
- 1/8 tsp salt
- 1/2 tsp Cajun seasoning
- 1/4 tsp black pepper
- 1/4 tsp cayenne pepper
- 1 Tbsp chopped jalapeno pepper
- 1/3 cup chopped yellow onion
- 1/3 cup chopped green bell pepper
- 2 Tbsp unsalted butter

### Nutrients Per 1 Cup Serving

• <b>Calories</b>	80
• <b>Total Fat</b>	4 g
• <b>Saturated Fat</b>	2.5 g
• <b>Cholesterol</b>	10 mg
• <b>Sodium</b>	180 mg
• <b>Carbohydrates</b>	11 g
• <b>Dietary Fiber</b>	5 g
• <b>Protein</b>	2 g
• <b>Vitamin C</b>	56 mg (110% DV)
• <b>Vitamin K</b>	162 mg (6% DV)
• <b>Calcium</b>	78 mg (6% DV)

\*Percent Daily Values are based on 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### Cooking Instructions

- 1) Cut the cabbage in half, and, with the cut side down, slice it as thinly as possible around the core, as though you were making coleslaw. Discard the core.
- 2) Toss the cabbage with the rest of the ingredients except the butter.
- 3) Melt the butter in a large sauté pan or heavy-bottomed pot over medium-high heat.
- 4) Add the cabbage mixture and sauté for 10-15 minutes, stirring occasionally, until the cabbage is tender and begins to brown. Season to taste, and serve warm.



#### For More Information

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