Louisiana Harvest of the Month

Sautéed Cabbage

Home Recipe

Serves: 5
Prep Time: 10 minutes
Cook Time: 15 minutes

Ingredients

- 1 medium head of white cabbage, including outer green leaves (2 ½ lbs)
- 2 Tbsp unsalted butter
- 1 ½ tsp kosher salt
- ½ tsp freshly ground black pepper

Nutrition Facts

5 Servings Per Container
Serving Size **1 Cup (212g)**

Amount Per Serving	
Calories	**90**
	% Daily Value *
Total Fat 5g	**6%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 10mg	**4%**
Sodium 730mg	**32%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 5g	**18%**
Total Sugars 7g	
Includes 0g Added Sugars	**0%**
Protein 3g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1mg	6%
Potassium 350mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cooking Instructions

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

Recipe adapted from *Food Network*.

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