

THE DIETITIANS NETWORK OF NOVA SCOTIA

Frizzled Cabbage

This recipe brings out an amazing sweetness to this versatile vegetable. You won't even know you're eating cabbage!

Recipe Name:	Frizzled Cabbage
Recipe By:	Kelly Pearce
Short description of recipe:	It is great as a nest for a meat dish, as a side dish, or can be enjoyed on its own. You can add seasonings to taste a few minutes before serving; try nutmeg, paprika, cumin, dill, balsamic vinegar, hot pepper sauce, or sour cream. It is also delicious as is.
Makes	2 servings
Ingredients:	$\frac{1}{4}$ medium cabbage, cored and thinly sliced (about 2 cups) 2 tablespoons butter Salt and pepper to taste
Instructions:	<ol style="list-style-type: none">1. Melt the butter in a large skillet over medium heat. Add the cabbage when the butter is sizzling.2. Cook the cabbage until it begins to wilt, about 10 minutes.3. Reduce heat to medium low and continue to cook the cabbage until it starts to brown slightly, stirring often. Do not allow to burn.