

simple sautéed cabbage

Makes 6 servings

PREP TIME: 5 minutes

COOK TIME: 5 minutes

1 Tbsp avocado oil

1 small head of red or green cabbage, thinly sliced

2 large carrots, shredded or chopped in a food processor

¼ cup apple cider vinegar or for a sweeter option, balsamic vinegar

Salt, to taste

½ tsp black pepper

¼ cup chopped parsley (optional)

PREHEAT a large skillet over medium high heat.

ADD about 1 Tbsp avocado oil and cabbage to skillet.

ADD shredded carrot, salt, pepper and vinegar.

SAUTE for about 5 minutes, stirring occasionally for even cooking.

REMOVE from heat, mix in parsley and serve.

NOTES

- This dish pairs well with pork chops, or make it a one pan meal by adding sausage directly to the pan before cooking the cabbage.
- For an Asian flavor twist, substitute sesame oil in place of avocado oil, omit black pepper, add red bell pepper, ginger and garlic while sautéing, and serve topped with sesame seeds and green onion instead of parsley.

