

Cabbage Comfort

Makes: 4 servings

Cabbage, onion, and caraway seeds make this simple and inexpensive side dish a flavorful way to eat more veggies.

Ingredients

- 1 onion (sliced)
- 1 **teaspoon** vegetable oil
- 4 **1/2 cups** cabbage (sliced)
- 1/4 teaspoon** salt
- 1/4 teaspoon** black pepper
- 1 **teaspoon** caraway seeds

Directions

1. Heat oil in a large saute pan.
2. Saute onion over medium heat, until light brown, about 5 to 6 minutes.
3. Add sliced cabbage, salt, black pepper, and caraway seeds.
4. Stir and cook for 30 minutes.
5. Serve immediately.

Source: National Cancer Institute (NCI), 5-A-Day Web site

Nutrition Information

Nutrients	Amount
Calories	50
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	177 mg
Total Carbohydrate	13 g
Dietary Fiber	5 g
Total Sugars	7 g
Added Sugars included	0 g
Protein	3 g
Vitamin D	0 IU
Calcium	79 mg
Iron	1 mg
Potassium	339 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables	2 cups
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