

Sautéed Cabbage

Serves 1 | Active Time: 10 minutes | Total Time: 15 minutes

Swick

Chef's Notes

The mild flavor of cabbage makes it a great side for many dishes.

When you are buying cabbage, try and buy heads that are compact, heavy for their size and bright in color. Cabbage is a great and inexpensive vegetable that is available all year. It also keeps for quite a while in the refrigerator, which is an added bonus.

Sautéing the Cabbage

To prepare the cabbage, cut it in half, remove the core and dice.

Next, melt the butter over medium to medium-high heat until it starts to brown.

*Note: For plant-based, use either coconut oil or a non-dairy butter, such as Earth Balance.

Add the cabbage to the pan and toss to coat. Sauté the cabbage for approximately 5 minutes or until it is cooked to your liking.

To finish the cabbage, season it with a bit of salt and pepper to taste.

Step 1: Sautéing the Cabbage

- 1/2 cabbage head
- 3 tbsp butter*
- 1/2 tsp sea salt
- 1/4 tsp freshly ground black pepper