

# Sautéed Cabbage

*Swick*

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

## 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