



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
- 1 cup 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.

Notes

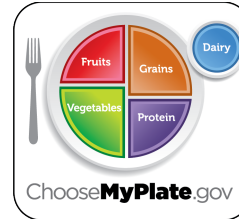
Learn more about:

- Cabbage
- Onions

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

Nutrition Information MyPlate Food Groups

Serving Size: 1/4 of recipe



Nutrients	Amount
Calories	43
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	161 mg
Total Carbohydrate	7 g
Dietary Fiber	3 g
Total Sugars	4 g
Added Sugars included	0 g
Protein	1 g
Vitamin D	0 mcg
Calcium	42 mg
Iron	1 mg
Potassium	183 mg

MyPlate Food Groups

Vegetables 1 cups

N/A - data is not available