



Spicy Smothered Cabbage

You can remove the ham for a vegetarian friendly recipe.

<u>U.S.</u>		<u>Metric</u>
2 oz	Lean Ham, diced	56 g
1 tsp	Olive oil	5 mL
1 each	Onion, julienne	1 each
1 each	Red Bell Pepper, diced small	1 each
1 each	Cabbage, julienne	1 each
2 tsp	Apple Cider Vinegar	10 ML
1/2 tsp	Carraway Seeds	1 g
1 tsp	Salt, Kosher	6 g
1/4 tsp	Red Pepper Flakes	0.6 g
1/2 cup	Water	118 mL

Preparation:

1. Gather all ingredients and equipment.
2. Heat oil in a deep heavy pan until shimmering and add the onion and sliced ham. Cook until the onions become slightly see-through.
3. Add cabbage, red pepper, vinegar, caraway seeds, red pepper flakes, salt and water.
4. Cover the pot and cook, stirring occasionally, for about 30 minutes or until the cabbage is soft and tender.

Nutrition Facts

Serving size	1 cup
Servings	6
Calories	80
Calories from Fat	15
Total Fat	2 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	1 g
Cholesterol	5 mg
Sodium	340 mg
Carbohydrates	12 g
Dietary Fiber	4 g
Sugars	7 g
Protein	4 g
Vitamin A	10 %
Calcium	0 %
Vitamin C	45 %
Iron	2 %
Phosphorus	34 mg
