

SMOTHERED CABBAGE

(Reprinted from: The New Soul Food Cookbook by Fabiola Demps and Roniece Weaver, American Diabetes Association.)

Serving Size: 1 cup

INGREDIENTS

- 1 medium head green cabbage
- 2 to 3 whole garlic bulbs OR 1 tablespoon of minced garlic
- 1 cup chopped onion
- 1 tablespoon canola or extra virgin olive oil
- 1 medium green bell pepper, seeded and chopped
- 1 teaspoon caraway seeds (optional)
- 1/8 teaspoon salt
- Crushed red pepper to taste (optional)

DIRECTIONS

Wash and quarter the cabbage and pat dry. Heat the oil in a large skillet. Add the garlic, chopped onions and sauté until limp, about 5 minutes.

Add the cabbage and bell pepper to the pan. Cover tightly and cook over medium heat until cabbage is just tender for about 5 to 8 minutes.

Serves 6.

Nutritional Information

Calories – 60
Carbs 8g
Fiber 4g

Total Fat – 3 g
Saturated Fat – 0g
Cholesterol - 0 mg

Protein – 2 g
Sodium – 58 mg