

Skillet Cabbage

Ingredients:

- 1 1/2 teaspoons vegetable oil
- 1 onion
- 3 stalks celery
- 1/2 green pepper
- 1/2 head cabbage
- 1/4 teaspoon pepper
- 1 medium tomato

Equipment:

- Cutting board & Knife
- Non stick skillet
- Measuring spoons

- Number of Servings: 6
- Prep Time: 30 minutes
- Total time: 30 minutes

Directions

1. Heat oil in a large non stick skillet over medium-high heat.
2. Cut the ends off of the onion, and peel off the brown layers. Run Cut the onion in half lengthwise, and place the flat side down. Slice across the onion, keeping it together. Turn and slice again to make dice. Add to skillet.
3. Wash celery stalks. Cut off both ends and cut into shorter lengths. Lay these pieces side by side. Cut wider pieces in half lengthwise so that all the pieces are about the same size. Cut across the ends until all pieces are chopped up. Add to skillet.
4. Wash a green pepper and cut it in half lengthwise. Save half for other uses. Break off stem area, seeds and white membranes and throw away. Cut pepper into slices then dice. Add to skillet.
5. Remove outer leaves of cabbage that are wilted or dirty, and wash. Slice in half by cutting in through the core. Save half for other uses. Lay the half on the flat side, and cut in half again, through the core. Lay the quarter on a flat side and cut out the white core center. Keeping your fingers curved so they do not get cut and start slicing thin layers of cabbage off the quarter until all cut up. Cut up the remaining quarter the same way. Add to skillet
6. Cook for 5-10 minutes, stirring often so cabbage sweats.

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Nutrition Facts

Serving Size: 1 cup

Servings: 4

Amount Per Serving

Calories 29

Calories from Fat 9

%Daily Value*

Total Fat 1g 2%

Saturated Fat trace 1g 1%

Cholesterol 0mg 0%

Sodium 21mg 1%

Total Carbohydrate 4g 1%

Dietary Fiber 1g 5%

Protein 1g 1%

Vitamin A 5% Vitamin C 30%

Iron 2% Calcium 2%

*Percent Daily Values are based on a 2,000 calorie diet.

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