

Steamed Cabbage

Ingredients:

- 1 head cabbage
- 3 stalks celery
- 1 onion
- 1/4 cup water
- 1/8 teaspoon black pepper
- 2 tablespoons low sodium soy sauce

Equipment:

- Cutting board
- Knife
- Non stick skillet with lid

Number of Servings: 4
 Prep Time: 10 minutes
 Total time: 10 minutes

Directions

1. Remove outer leaves of cabbage that are wilted or dirty, and wash under cool water. Place on a cutting board with the core facing up, and cut in half, through the core. 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 quarters the same way.
2. Cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces.
3. Wash celery stalks and lay them on a cutting board. 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.
4. Heat water in non stick skillet. Add vegetables and cover tightly to steam, 3-4 minutes.
5. Season with pepper and soy sauce. Serve immediately.

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Nutrition Facts

Serving Size: 1/2 cup
 Servings: 4

Amount Per Serving		Calories from Fat 27
Calories 26		%Daily Value*
Total Fat	trace 1g	0%
Saturated Fat	trace 1g	0%
Cholesterol	0mg	0%
Sodium	331mg	14%
Total Carbohydrate	5g	2%
Dietary Fiber	2g	6%
Protein	1g	3%
Vitamin A	1%	Vitamin C 16%
Iron	3%	Calcium 3%

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

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