



Presents



Skillet Cabbage

Presented July 20, 2013 by Robin Maille

Ingredients:

2 teaspoons vegetable oil
1 cup celery, washed and sliced
1 cup chopped onion
3 cups shredded or chopped cabbage
1/2 cup chopped green pepper
1/2 teaspoon salt
1/4 teaspoon pepper
1 medium tomato, chopped

Directions:

1. Heat oil in a large frying pan over medium-high heat (350 degrees in an electric skillet).
2. Add celery and onion. Cook 4-7 minutes until soft.
3. Add cabbage, green pepper, salt and pepper. Cook for 5-10 minutes, stirring often so the cabbage sweats.
4. Add tomato and serve immediately.
5. Refrigerate leftovers within 2 hours.

Notes

- If you don't have tomatoes, try adding 3/4 cup cooked, sliced carrots instead.