

BRAISED CABBAGE

Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 13 servings, about 1 cup each

Nutrition (per serving)

Calories: 99

Total Fat: 5.3 g

Saturated Fat: 1.7 g

Sodium: 600 mg

Total Carbohydrate: 7.8 g

Dietary Fiber: 2.4 g

Protein: 6 g

Ingredients

8 strips bacon

2 onions, chopped (about 2 cups)

2 Tbsp garlic, minced

2 cans diced tomatoes (14.5 oz cans)

1/4 tsp salt

1/4 tsp pepper

1/8 cup soy sauce

1/8 cup balsamic vinegar

- 1/4 tsp crushed red pepper flakes
- 1 head cabbage, chopped into pieces

Directions

1. Cook bacon until crisp. Set aside.
2. In a large pan, mix onion, garlic and diced tomatoes. Add bacon. Stir.
3. Add salt, pepper, soy sauce, vinegar and red pepper flakes. Heat mixture to boiling then reduce heat and simmer.
4. Steam cabbage and add to the sauce before serving. Stir well.