



Sauteed Cabbage and Onion

Cabbage, onion, and caraway seeds make this simple and inexpensive side dish a flavorful way to eat more veggies.

Makes: 4 servings

Ingredients

- 1 teaspoon oil
- 1 onion, sliced
- 4 ½ cups cabbage, sliced
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 teaspoon caraway seeds



Directions

1. Heat oil in a large sauté pan.
2. Sauté onion over medium heat, until light brown, about 5-6 minutes.
3. Add sliced cabbage, salt, black pepper, and caraway seeds.
4. Stir and cook for 3-5 minutes.

Recipe from: National Cancer Institute (NCI), 5?A Day for Better Health Program, adapted by the USDA Food and Nutrition Administration.

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