



Braised Cabbage with Sesame Seeds



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Serves 4

Ingredients:

½ large onion, diced

1 tablespoon olive oil

¼ head of green cabbage, shredded

1 tablespoon toasted sesame oil

2 tablespoons toasted sesame seeds

salt and pepper

Directions: In a large pot add the onion and oil and sauté until tender. Add the cabbage and cook for about 1-2 minutes. Add 2 Tablespoons of water, cover and cook on low to medium heat until the cabbage is tender. Season with salt and pepper as desired. Add the sesame oil to the cabbage and toss to coat. Sprinkle with sesame seeds right before serving.



Nutrition Information

Serving size: ¼ recipe

Calories 120; Fat 9g

(Sat 1.3g); Protein 2g;

Sodium 170mg; Fiber 3g;

Carbohydrate 11g

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