

Skillet Cabbage

This recipe is a good source of vitamin C, which helps keep gums and blood vessels healthy.

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 and cook until soft, 4-7 minutes.
3. Add cabbage, green pepper, salt and pepper. Cook for 5-10 minutes, stirring often so cabbage sweats.
4. Add tomato and serve immediately.
5. Refrigerate leftovers within 2-3 hours.

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

Notes:

Nutrition Facts	
Serving Size 2/3 cup (110g)	
Servings Per Container 7	
Amount Per Serving	
Calories 40	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 1g	
Vitamin A 6%	Vitamin C 50%
Calcium 4%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

7 servings, 2/3 cup each



Source: Janet Calvert and Caroline Cannon, OSU Extension. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>