

Louisiana HARVEST of the MONTH

Cajun Pepper Cabbage Home Recipe

Serves: 6
Prep Time: 20 minutes
Cook Time: 35 Minutes

Ingredients

- 1 small head of cabbage, cut into small pieces
- 1/8 tsp oregano
- 1/8 tsp salt
- 1/2 tsp Cajun seasoning
- 1/4 tsp black pepper
- 1/4 tsp cayenne pepper
- 1 Tbsp chopped jalapeno pepper
- 1/3 cup chopped yellow onion
- 1/3 cup chopped green bell pepper
- 2 Tbsp unsalted butter

Nutrients Per 1 Cup Serving

• Calories	80
• Total Fat	4 g
• Saturated Fat	2.5 g
• Cholesterol	10 mg
• Sodium	180 mg
• Carbohydrates	11 g
• Dietary Fiber	5 g
• Protein	2 g
• Vitamin C	56 mg (110% DV)
• Vitamin K	162 mg (6% DV)
• Calcium	78 mg (6% DV)

Cooking Instructions

- 1) Cut the cabbage in half, and, with the cut side down, slice it as thinly as possible around the core, as though you were making coleslaw. Discard the core.
- 2) Toss the cabbage with the rest of the ingredients except the butter.
- 3) Melt the butter in a large sauté pan or heavy-bottomed pot over medium-high heat.
- 4) Add the cabbage mixture and sauté for 10-15 minutes, stirring occasionally, until the cabbage is tender and begins to brown. Season to taste, and serve warm.



*Percent Daily Values are based on 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



For More Information

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