

# Louisiana HARVEST of the MONTH

## Sautéed Cabbage

### Home Recipe

**Serves: 4**  
**Prep Time: 15 minutes**  
**Cook Time: 30 Minutes**

### Ingredients

- 1 small head of white cabbage, including outer green leaves (2 ½ lbs)
- 2 Tbsp unsalted butter
- 1 ½ tsp kosher salt
- ½ tsp freshly ground black pepper

### Nutrients Per 1 Cup Serving

• <b>Calories</b>	80
• <b>Total Fat</b>	4 g
• <b>Saturated Fat</b>	2.5 g
• <b>Cholesterol</b>	10 mg
• <b>Sodium</b>	510 mg
• <b>Carbohydrates</b>	11 g
• <b>Dietary Fiber</b>	5 g
• <b>Protein</b>	2 g
• <b>Calcium</b>	78 mg
• <b>Vitamin K</b>	1 mg (200% DV*)
• <b>Vitamin C</b>	56 mg (93% DV*)
• <b>Potassium</b>	325 mg

### 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) Melt the butter in a large sauté pan or heavy-bottomed pot over medium-high heat.
- 3) Add the cabbage, salt, and pepper and sauté for 10 to 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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