



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

FRESH KRAUT

Time: 15 minutes

Serves: 4

Ingredients:

1 head cabbage - sliced or coarsely shredded
1 large white onion - halved and sliced
1 tablespoon apple vinegar (cider vinegar will work as well)
1/4 teaspoon Kosher salt
1/8 teaspoon freshly ground pepper

Preparation:

Place a large non-stick or seasoned cast iron frying pan on medium heat.

Add the cabbage and onion.

Cook for three minutes, stirring occasionally.

Add the remaining ingredients, reduce the heat to medium-low and cover.

Cook for five more minutes, mix and serve.

Nutritional Information Per Serving:

Calories: 3
Fat: 0.1g
Carbs: 8g
Fibre: 2g
Protein: 2g