

APPLE BACON CABBAGE

Time: 45 minutes

Serves: 4

Ingredients:

8 ounces bacon – chopped
1 red onion – chopped
1 green cabbage – sliced then chopped
½ cup apple cider vinegar
2 teaspoons stevia
2 apples – cored, halved and sliced
½ teaspoon kosher salt
½ teaspoon fresh ground black pepper

Preparation:

Place a large, deep frying pan or Dutch oven on medium-high heat then add the bacon. Cook, stirring occasionally for ten minutes or until nearly crisp.

Add the onion, cabbage, vinegar and stevia, stirring often until the cabbage browns. This will take approximately twenty-five minutes.

Gently stir in the apples, salt and pepper. Continue cooking and stirring occasionally for two minutes.

Nutritional Information Per Serving:

Calories: 347
Fat: 18g
Carbs: 30g
Fibre: 7g
Protein: 20g