

## Fiery Smothered Cabbage



### INGREDIENTS

- 1 napa cabbage (or other cabbage)
- 1 Tbsp. olive oil
- 1 cup coarsely chopped onion
- 1 cup low sodium vegetable broth or chicken broth  
(\*omit chicken broth)
- 1 oz. dry white wine (regular or non-alcoholic)
- ½-1 tsp. black pepper
- 1½ tsp. salt-free herb seasoning, such as garlic-herb
- 1 tsp. crushed red pepper flakes
- ¼ tsp. onion powder
- ¼ tsp. garlic powder
- ¼ tsp. salt
- 1 small red bell pepper, cut lengthwise



### NUTRITION FACTS *4-6 servings*

Calories: 72	Total Carbohydrate: 9 g
Fat: 3.7 g	Dietary fiber: 1 g
Sodium: 152 mg	Protein: 2 g

### DIRECTIONS

1. Wash cabbage, remove outer leaves and core. Cut cabbage leaves into long, fine shreds to measure 4 cups.
2. Cook onion in oil for approximately 2 minutes. Add cabbage and stir to combine.
3. Add broth, white wine, and black pepper and simmer for 5 minutes. Add seasoning and red pepper – simmer covered for 5 minutes.