

Recipe - Red Cabbage Sautee

This recipe was taken from www.whfoods.org

Ingredients:

- 4 cups red cabbage
- 1 TBS lemon juice
- 5 TBS vegetable or chicken broth

Mediterranean Dressing

- 3 TBS extra virgin olive oil
- 1 TBS lemon juice
- 1 medium clove garlic
- sea salt and pepper to taste

Optional Additions

- 2 TBS grated ginger
- 1 TBS sesame seeds
- 5 drops wheat free tamari soy sauce
- few drops of rice vinegar

Directions:

Quarter cabbage, slice into 1/4-inch strips, and let sit for at least 5 minutes.

Chop or press garlic and [let sit](#) for at least 5 minutes.

Sprinkle cabbage with 1 TBS lemon juice before cooking to prevent it from turning blue.

Heat 5 TBS broth over medium heat in a stainless steel skillet. When broth begins to steam, add cabbage and cover. Sauté for no more than 5 minutes.

Transfer to a bowl. For more flavor, toss cabbage with the dressing ingredients and any of the optional ingredients you desire while it is still hot. (Mediterranean Dressing does not need to be made separately.)

Serves 2