

Sauteed Cabbage

Prep Time: 5 Minutes

Cook Time: 10 Minutes

Serves: 6

Ingredients:

- 1 small head green cabbage about 2 1/2 pounds
- 2 tablespoon extra virgin olive oil
- 1 1/2 teaspoons sea salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 tablespoon apple cider vinegar plus additional to taste
- 1 tablespoon chopped fresh thyme optional



Directions:

- Cut the cabbage in half from its top down through its core. Slice it as thinly as possible around the core so that you have fine ribbons. Discard the core.
- Heat a large saute pan or similar heavy-bottomed pot over medium-high heat. Add olive oil. Add the cabbage, salt, and pepper. Saute for 10 to 15 minutes, stirring occasionally, until the cabbage is tender and begins to brown. Leaving cabbage undisturbed for a minute or two as you go is what will allow it to develop brown caramelized bits (aka FLAVOR).
- Remove from the heat and stir in the apple cider vinegar. Taste and add a bit of additional salt and pepper if you like, or a splash more vinegar. Sprinkle with thyme. Serve warm.

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