Cajun Pepper Cabbage
Home Recipe

Serves: 6
Prep Time: 20 minutes
Cook Time: 35 Minutes

**Ingredients**
- 1 small head of cabbage, cut into small pieces
- ¼ tsp oregano
- ¼ tsp salt
- ½ tsp Cajun seasoning
- ¼ tsp black pepper
- ¼ tsp cayenne pepper
- 1 Tbsp chopped jalapeno pepper
- 1/3 cup chopped yellow onion
- 1/3 cup chopped green bell pepper
- 2 Tbsp unsalted butter

**Nutrients Per 1 Cup Serving**
- Calories: 80
- Total Fat: 4 g
  - Saturated Fat: 2.5 g
- Cholesterol: 10 mg
- Sodium: 180 mg
- Carbohydrates: 11 g
- Dietary Fiber: 5 g
- Protein: 2 g
- Vitamin C: 56 mg (110% DV)
- Vitamin K: 162 mg (6% DV)
- Calcium: 78 mg (6% DV)

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Cooking Instructions**
1) Cut the cabbage in half, and, with the cut side down, slice it as thinly as possible around the core, as though you were making coleslaw. Discard the core.
2) Toss the cabbage with the rest of the ingredients except the butter.
3) Melt the butter in a large sauté pan or heavy-bottomed pot over medium-high heat.
4) Add the cabbage mixture and sauté for 10-15 minutes, stirring occasionally, until the cabbage is tender and begins to brown. Season to taste, and serve warm.

For More Information
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