

Cabbage with Caraway

Marian Wenzel

Unitarian Universalist Fellowship of Vero Beach, FL 2000Jeanette Webber

Servings: 8

*1 head (1-1/2 pounds)
cabbage
1 teaspoon margarine
1 tablespoon minced fresh
parsley
1 teaspoon sugar
1/2 teaspoon freshly ground
pepper
1/2 cup chicken broth
salt (optional)
1/2 teaspoon caraway
seeds (to taste)*

Remove the major section of the core from the cabbage, leaving just enough to hold the head together. Slice into wedges about 1-1/2 inches thick.

In a large skillet, melt the margarine. Add the cabbage, parsley, sugar, black pepper and broth. Cover. Cook over moderate heat for about 12 minutes, basting with the pan juices several times. About 1 minute before the cabbage is done, sprinkle with the caraway seeds.

Remove the cabbage to a serving dish. Pour the pan liquid over the cabbage.

Per Serving (excluding unknown items): 12 Calories; 1g Fat (42.7% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 56mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.