

## Sautéed Cabbage

Serves: 4

### Ingredients:

- 2 tbsp. olive oil
- 1 medium yellow onion, chopped
- 2 cloves garlic minced
- 1 head green cabbage sliced into 3/4 inch thick slices
- 2 tbsp. butter cut into 2 pieces
- Salt and pepper to taste
- Red pepper flakes (optional)

### Instructions:

- Heat a 12" skillet with olive oil over medium heat. Add the chopped onion and cook until onion is softened, about 3-4 minutes. Add the garlic and stir, cooking an additional 30 seconds.
- Turn heat up to medium-high heat and add about 1/3 of the cabbage. Stir to mix onions and garlic with the cabbage. Now leave it alone and let the cabbage start to brown, but be careful not to let it burn. Using a spatula, turn the cabbage over and let other side brown slightly. Season lightly with a dash of salt.
- Add another 1/3 of the cabbage and 1 tbsp. butter. Flip cabbage again after a couple minutes.
- Finish with remaining cabbage and last tbsp. of butter. Once cabbage is browned to your liking, add more salt to taste and pepper, if desired. Remove from heat, season with red pepper flakes, if desired. Serve.