

5-Minute Cabbage with Ginger

Prep and Cook Time: 12 minutes

Ingredients:

- 1 small head of red cabbage
- 1 TBS lemon juice
- 5 TBS low sodium chicken or vegetable broth

- **Mediterranean Dressing**
- 3 TBS extra virgin olive oil
- 1 TBS lemon juice
- 1 medium clove garlic, chopped or pressed
- Ginger, sea salt, and pepper to taste

Directions:

1. Quarter cabbage, slice into 1/4-inch strips, and let sit for at least 5 minutes.
2. Chop or press garlic and let sit for at least 5 minutes.
3. Sprinkle cabbage with 1 TBS lemon juice before cooking to prevent it from turning blue.
4. 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.
5. Transfer to a bowl. For more flavor, toss cabbage with the dressing ingredients while it is still hot. (Mediterranean Dressing does not need to be made separately.)

Serves 2