

# Sauteed Red Cabbage

prep time 5min ★ cook time 20min ★ servings 4

## INGREDIENTS

2 tbsp extra-virgin olive oil  
1 small onion, sliced  
1/2 red cabbage, shredded  
1/3 cup white or apple cider vinegar  
3 tbsps sugar  
1 tsp mustard seed  
sea salt and pepper

## INSTRUCTIONS

Heat a skillet over medium high heat. Add oil and onion and saute 2 minutes. Add cabbage and turn in pan, sauteing it until it wilts, 3 to 5 minutes. Add vinegar to the pan and turn the cabbage in it. Sprinkle sugar over the cabbage and turn again. Season with mustard seed, salt and pepper and reduce heat a bit. Let cabbage continue to cook 10 minutes or until ready to serve, stirring occasionally.

