Cabbage with Fennel Seed

INGREDIENTS

- 2 Tablespoons butter (or oil of choice)
- 1 pound cabbage (½ a medium head), sliced thin
- 1 teaspoon whole fennel or caraway seed
- ¼ teaspoon salt
- 1 clove garlic, sliced

DIRECTIONS

1. Melt butter or oil in a large sauté pan. Add fennel, garlic, and salt. Sauté 30-60 seconds.

2. Add shredded cabbage. Stir to combine.

3. Add ¼ cup water and cover the pan. Steam for 6-7 minutes. Water should be reduced; if not, cook another minute or two with the lid off.

Serve warm.

Options

Place one cup thinly sliced carrots on top of cabbage before lid goes on.

NOTES