

Cuisine at home eRecipes

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Buttered Cabbage

To make ahead, combine ingredients in a pot (without cooking), then chill. At dinnertime, start cooking the cabbage before broiling the corned beef.

Makes: 6 servings (4 cups)

Total time: 30 minutes

- 1 head cabbage, cored and sliced
- 1 cup low-sodium chicken broth
- 2 cloves garlic, crushed but kept whole
- 6 whole cloves
- Pinch of red pepper flakes
- 2 Tbsp. unsalted butter
- Salt and black pepper to taste



Combine cabbage, broth, garlic, cloves, and pepper flakes in a large pot. Simmer, covered, over medium heat until cabbage is tender, about 20 minutes.

Uncover pot; simmer 3 minutes to remove excess moisture. Stir in butter; season with salt and black pepper; discard cloves and crushed garlic.

Nutrition Information

Per serving: 66 cal; 3g total fat (2g sat); 8mg chol; 51mg sodium; 9g total carbs; 3g fiber; 3g protein

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