

# Sweet-and-Sour Cabbage

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 4 servings | Serving Size: ~¾ cup

## Ingredients

4 cups thinly sliced red cabbage, thinly sliced (about ½ medium head of cabbage)

1 tablespoon unsalted butter

1 tablespoon olive oil

1 tablespoon packed brown sugar

¼ cup balsamic vinegar

¼ teaspoon ground black pepper

1 pinch salt

## Directions

1. Heat a large skillet or sauté pan over medium heat.
2. Add the butter and oil. Heat until the butter is melted and the oil is shimmering.
3. Add the cabbage and toss to coat. Cook, stirring often, for 5 minutes.
4. Add the vinegar, sugar, black pepper and salt. Stir to combine.
5. Bring to a simmer over medium-high heat, then reduce heat to maintain a low simmer.
6. Simmer until the cabbage is wilted and tender, about 25-30 minutes, stirring often.
7. Serve warm.

## Recipe Notes

- Any sweetener can be used as an alternative to brown sugar.



Nutrition Facts Per Serving: Calories: 90 | Total Fat: 6 g | Saturated Fat: 2 g  
Sodium: 80 mg | Total Carbohydrate: 8 g | Dietary Fiber: 1.5 g | Protein: 1 g

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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