

## Red Cabbage with Pear

Makes 4 servings



### Ingredients

- 1 red cabbage, thinly sliced
- 2 Bosc pears - peeled cored and sliced
- 1 cup of water
- 2 tbsp of sugar
- ½ tsp of salt

### Directions

- ⌘ Combine all the ingredients in a large saucepan
- ⌘ Bring to a simmer, cover, and cook 10 - 15 minutes, until the cabbage is tender but not mushy.
- ⌘ Taste and correct seasoning.

### Nutrients (approximately)

166 Calories per serving,  
Fat 0.4g, Saturated Fat 0, Sodium 49.3mg,  
Carbohydrates 49.3g, Fiber 6.5, Sugars 17.7, Protein 2.9g

Share this recipe with a friend!

## Red Cabbage with Pear

Makes 4 servings



### Ingredients

- 1 red cabbage, thinly sliced
- 2 Bosc pears - peeled cored and sliced
- 1 cup of water
- 2 tbsp of sugar
- ½ tsp of salt

### Directions

- ⌘ Combine all the ingredients in a large saucepan
- ⌘ Bring to a simmer, cover, and cook 10 - 15 minutes, until the cabbage is tender but not mushy.
- ⌘ Taste and correct seasoning.

### Nutrients (approximately)

166 Calories per serving,  
Fat 0.4g, Saturated Fat 0, Sodium 49.3mg,  
Carbohydrates 49.3g, Fiber 6.5, Sugars 17.7, Protein 2.9g