

Fried Cabbage with Bacon and Onions

WHAT ARE THE HEALTH BENEFITS OF CABBAGE?

Cabbage is packed with nutrients including Vitamin K, Vitamin C, potassium and magnesium. Cabbage helps to improve digestion and curbs inflammation. It also has the potential to help lower blood pressure and cholesterol levels.

TIPS FOR FRIED CABBAGE

- Don't have bacon on hand? You can try another meat such as ham or smoked sausage. You'll need to add some oil to the pan to compensate for the lack of bacon grease if you go that route.
- You can make fried cabbage with different varieties of the vegetable, such as purple cabbage, Savory cabbage and the traditional green cabbage.
- Don't be tempted to buy a bag of pre-shredded cabbage for this dish. The cabbage should be cut into 1 inch pieces for the most authentic results
- Fried cabbage makes great leftovers, so make a double batch and save some for the next day!

To Make this Recipe You'll Need the following ingredients:

PLEASE, USE THE NEXT PAGE BUTTON BELOW FOR THE RECIPE AND INGREDIENTS!

Fried Cabbage with Bacon and Onions

Ingredients:

1 medium head green cabbage, chopped loosely
3 slices bacon, chopped
1/4 large onion or 1/2 small to medium onion, chopped
1 TBSP Worcestershire sauce (optional)
salt & pepper to taste

Instructions:

In a large pan cook the chopped bacon over medium to medium-high heat. Once the fat renders off and there's plenty of bacon grease in the pan, add the chopped onion. Right when the bacon has just started to crisp, add the chopped cabbage, salt, pepper and Worcestershire sauce (optional but I like the tiny bit of smokey tang that it gives some foods). Stir occasionally until cabbage is softened. I like some pieces to get a little pan browned so I don't stir very often. Taste before serving as you may need to add more salt and pepper depending on your preference.

PLEASE, USE THE NEXT PAGE LINK BUTTON FOR MORE DELICIOUS RECIPES AND DON'T FORGET TO SHARE THIS POST WITH YOUR FRIENDS AND FAMILY ON FACEBOOK.