

Cabbage and Eggs Recipe



Yield: 2 servings

Prep Time: 5 minutes

Cook Time: 15 minutes

Total Time: 20 minutes

Ingredients

- 4 cups green cabbage, chopped
- 4 large eggs
- 1 tablespoon olive oil or butter
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Instructions

1. Heat oil or butter in a large skillet over medium heat.
2. Add cabbage and cook for 5–7 minutes, stirring occasionally, until softened and lightly browned.
3. Season with salt and black pepper.
4. Create small spaces in the cabbage and crack the eggs into the skillet.
5. Cook until the eggs are set to your liking, then gently mix if desired.
6. Serve warm.

Notes

- For a richer version, add chopped bacon as described in the variations section.
- Adjust seasoning to taste.
- Best served fresh for the best texture.

Nutrition

Estimated per serving:

Calories: 220

Protein: 12g

Carbohydrates: 8g

Fat: 15g

Fiber: 3g

Sugar: 4g