



A simple, budget-friendly side dish made with tender cabbage, onions, garlic, and butter. This easy skillet recipe comes together quickly and pairs well with chicken, salmon, pork, or weeknight dinners.

**Prep Time:** 10 minutes

**Cook Time:** 15 minutes

**Total Time:** 25 minutes

**Yield:** 4 servings

**Category:** Side Dish

**Method:** Stovetop

**Cuisine:** American

**Diet:** Low Carb, High Fiber

## Ingredients

- 1 medium head green cabbage, thinly sliced
- 2 tablespoons butter or olive oil
- 1 small onion, sliced
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/8 teaspoon red pepper flakes (optional)

## Instructions

1. Remove the outer leaves from the cabbage and slice into thin strips.
2. Heat butter or oil in a large skillet over medium heat.

3. Add sliced onion and cook for 3–4 minutes until softened.
4. Stir in garlic and cook for 30 seconds until fragrant.
5. Add cabbage to the skillet and toss to coat with the butter and onions.
6. Season with salt, pepper, and optional red pepper flakes.
7. Cook for 10–15 minutes, stirring occasionally, until tender and lightly browned.
8. Serve warm as a side dish.

## Notes

- For extra flavor, add chopped bacon or smoked sausage.
- Avoid overcrowding the pan so the cabbage can caramelize properly.
- Fresh parsley or lemon juice can brighten the finished dish.

## Estimated Nutrition Per Serving

- Calories: 95–120
- Carbohydrates: 8–10g
- Fiber: 3–4g
- Protein: 2g
- Fat: 7–9g
- Sugar: 4–5g