



# Braised Cabbage & Fennel

## Ingredients:

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|-------------------------------|--|
| 1 tsp grape seed or olive oil | 1 tbsp vinegar                         |
| 1 cup of red cabbage          | 1 tsp of granular sugar free sweetener |
| 1 cup of fennel               | 1 tsp of caraway seeds                 |
| 1/2 cup water                 | 1/2 tsp or to taste of salt            |

## Directions:

Heat oil in skillet over medium heat. Cook cabbage and fennel for 5 minutes. Pour in water, stir, and add vinegar, sweetener, and caraway seeds. Reduce heat to low heat. Add salt. Stirring occasionally, cook for another 15 minutes or until cabbage is nice and tender. Garnish with a few more caraway seeds, and a grind of sea salt and fresh pepper.

*Recipe created by Dea Marie of Dea's Recipes.*