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DIET CENTER

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BRAISED RED CABBAGE AND PEARS

Final Lifestyle

Ingredients

1 TSP olive oil
1-1/2 cups thinly sliced onion, separated into rings
6 cups sliced red cabbage
1/3 cup red wine vinegar
2 TBS Splenda
2 bay leaves
1 (3 inches) cinnamon stick
1-1/2 cups thinly sliced and peeled Anjou pears (about 2 pears)
1/2 TSP salt (Morton's Lite is 50% less sodium)
1/4 TSP black pepper

Instructions:

1. Heat oil in a large Dutch oven over medium-high heat.
2. Add onion. Sauté for 5 minutes.
3. Stir in cabbage, vinegar, Splenda, bay leaves and cinnamon stick. Cover, reduce heat, and simmer 15 minutes or until cabbage is tender.
4. Stir in pear, salt and pepper. Cover and cook 5 minutes. Discard bay leaves and cinnamon stick.

Portion-Per-Serving Information: (Yields 8 servings)

Serving = 3/4 cup = 1-1/2 V