

Cabbage Comfort

1 onion, sliced
1 teaspoon olive oil
1 pound sliced cabbage (green, red, or Chinese)
¼ teaspoon salt
¼ teaspoon black pepper
1 teaspoon caraway seeds (optional)



1. In a large frying pan, heat oil over medium heat. Cook onion until light brown, about 5 minutes.
2. Add sliced cabbage and seasonings. Stir and cook for 30 minutes.

Makes 4 servings.