

Steamed Cabbage

Servings per recipe: 1

Each serving counts as 1 vegetable, ½ lemon juice



If you have no steamer available, simply place & cover a strainer/colander over a pot of boiling water.

Ingredients

- 100 grams cabbage
- juice of half lemon
- 1/2 tsp spicy mustard
- sea salt/pepper (to taste)

Directions

1. Place cabbage in steamer. Cover and steam 5-10 minutes, until slightly tender.
2. In small bowl, combine spicy mustard and lemon juice.
3. Place cabbage in bowl. Add lemon/mustard mix and toss.
4. Sprinkle with sea salt/pepper.
5. Serve immediately.

