

EVERYTHING *Herbal*

— by Cheryl Jabz —

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Fenugreek Cabbage Skillet

BENEFITS: Budget-friendly.

High in fiber. Delicious with sausage, pork chops, or chicken.



INGREDIENTS

- 1/2 head cabbage, shredded
- 1 small onion, sliced
- 1 tbsp olive oil
- 1/4 tsp ground fenugreek
- 1/2 tsp paprika
- Salt and pepper

INSTRUCTIONS

- 1 Heat oil in a skillet.
- 2 Cook onion until softened.
- 3 Add cabbage and seasonings.
- 4 Cook 10–15 minutes until tender.



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