



## ***Better than mama's cabbage***

*By Mihaela Telecan*

### **Ingredients:**

1 red and white small cabbage  
2-3 Tbsps. coconut oil or butter (preferably grass fed, organic)  
Celtic sea salt & Pepper to taste

### **Instructions:**

1. Shred the cabbage.
2. Into a large stainless steel pan place the oil and the cabbage and start cooking at low heat until cabbage is soft and sweet.
3. Add the salt and pepper half way through the cooking time.
4. Serve it as a side dish with your protein of choice.

### **Note:**

Do not add any water and do not cook under cover. You will need to steer in occasionally so it doesn't burn to the bottom of the pan.

This cabbage is absolutely delicious; my husband says it tastes like pasta. Enjoy and let me know how it comes out.