

Braised Napa Cabbage with Carrots and Leek

(serves 6)

Ingredients

Half a head of Napa cabbage, core removed and cut into thin strips

4 carrots, peeled and cut into coins

1 large leek

1 cup fat-free, reduced-sodium chicken broth

1 Tbsp oil

1 Tbsp dried thyme leaves

1/2 tsp black pepper

1/4 tsp paprika



Directions

1. Wash hands with soap and water.
2. Rinse cabbage and carrots under cool water. Cut vegetables as described in *Ingredients* list. Set aside.
3. Rinse leek under cool water. Cut off dark green leaves and end of stem, keeping the white and light green parts of the leek. Trim leek into thin rings and rinse under cool water to remove any soil trapped between leek's layers.
4. In a large skillet over medium heat, add cabbage, carrots, leek, chicken broth, and oil. Cook uncovered for 10 minutes, stirring occasionally.
5. Add thyme, paprika, and pepper, and stir to combine. Continue cooking another 10 minutes until most of broth is evaporated and vegetables are tender.

Tip: If a Napa Cabbage is not available, use green cabbage instead. The flavor and texture may be a bit different.

Nutrition Facts per serving: 60 calories, 2.5g total fat, 170mg sodium, 8g carbohydrates, 2g dietary fiber, 2g protein