

## Sherrie's Cabbage

Yield: 6 servings

### Ingredients:

1 large Vidalia or sweet onion, thinly sliced  
1 Tbs olive oil  
1 head cabbage, thinly sliced  
1 cup unsalted chicken stock  
Pepper to taste  
1 packet Splenda (optional)

### Directions:

Place frying pan over medium heat and add oil. Layer sliced Vidalia or sweet onion on oil. Slowly raise temperature while adding sliced cabbage. Add chicken stock and pepper. Add Splenda if desired. Simmer about ½ hour.

### Nutrition

Calories	95
Total Fat	4.3g
Sat Fat	0.4g
Chol	0.0mg
Carb	12.6g
Fiber	5.0g
Protein	3.8g

