

Start the New Year with this excellent Vegetable Dish!

Nellie's Cabbage & Noodles

Our thanks to Nellie Gwozdek for this delightful and tasty dish.

Ingredients:

- 1/2 head of Savoy cabbage, chopped & lightly steamed
- 1 small onion, chopped
- 1 cup cooked rice noodles (for those who have a gluten or wheat sensitivity)
- Caraway seeds (optional)
- Olive Oil
- Salt and Pepper to taste
- Dash of Cayenne
- Butter (optional)



1. Saute chopped onion in olive oil (butter, if you prefer) in a medium pan.
2. Add cabbage and saute until tender
3. Add cooked noodles, and mix together
4. Add butter and caraway seeds if you like
5. Salt & Pepper to taste and Cayenne

Bon Appetit!

Allergy & Environmental Treatment Center provides quality care to individuals suffering from a variety of debilitating symptoms associated with food, environmental and chemical allergies.

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