



Recipes

Leafy Greens

Simplest Sautéed Cabbage

Prep Time: 5 minutes

Cooking Time: 5 minutes

Yield: 2-4 servings

Ingredients:

- 1 teaspoon corn or sesame oil
- 2 cups finely sliced cabbage
- 2 teaspoons umeboshi paste, diluted with 1 tablespoon water

Directions:

1. Heat a skillet or wok, add oil.
2. Add cabbage and sauté on a medium flame for 5 minutes.
3. Season with umeboshi paste.

Variations:

Sauté 1 onion, sliced into half-moons until golden, then add cabbage. Sprinkle 1 teaspoon of ground cumin on the cabbage. It adds a nice taste and makes cabbage easier to digest.