

Caraway Kraut

Dot Logan

Local 1155 Women's Committee Cookbook, Alabama

*1 can (large or small)
sauerkraut, chopped
brown sugar (to taste)
caraway seed (to taste)*

In a skillet with a little oil, place the sauerkraut.
Heat about 10 minutes. Stir to keep from
burning.

Serve with meat, vegetables or a sandwich.

Per Serving (excluding unknown
items): 45 Calories; trace Fat (5.7%
calories from fat); 2g Protein; 10g
Carbohydrate; 6g Dietary Fiber;
0mg Cholesterol; 1560mg Sodium.
Exchanges: 2 Vegetable.