

Warm Red Cabbage Salad

Integrated Marketing Services - Apopka, FL

Servings: 4

Preparation Time: 20 minutes

Cook time: 5 minutes

3 tablespoons olive oil

1 medium (about 4 cups) red cabbage, shredded

2 tablespoons red wine vinegar

2 teaspoons Dijon mustard

1/4 teaspoon freshly ground pepper

1/4 cup (1 oz) crumbled blue cheese

3 slices bacon, cooked and crumbled

In a large nonstick skillet, heat the oil over medium heat.

Add the cabbage. Cook and stir for 3 minutes or until slightly wilted.

Stir in the vinegar, mustard and pepper. Cook 2 minutes more.

Transfer to a large serving bowl.

Top with the blue cheese and bacon and serve.

Per Serving (excluding unknown items): 156 Calories; 15g Fat (85.1% calories from fat); 4g Protein; 2g Carbohydrate; 1g Dietary Fiber; 10mg Cholesterol; 227mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.