

Creamed Cabbage

Walter R Long

The Pennsylvania State Grange Cookbook (1992)

Servings: 5

*4 cups cabbage, sliced
salt (to taste)*

1/2 cup water

*1 cup whipping cream OR
Half and Half*

2 tablespoons butter

2 tablespoons flour

1/4 cup milk

1 teaspoon salt

1/2 teaspoon pepper

In a saucepan, cook the cabbage in salted water over low heat until tender (adding additional water, as needed). Drain. Return the cabbage to the saucepan.

Add the whipping cream, butter, flour, milk, salt and pepper. Cook until thickened, stirring constantly.

Spoon into a serving dish.

Per Serving (excluding unknown items): 78 Calories; 5g Fat (57.3% calories from fat); 2g Protein; 7g Carbohydrate; 2g Dietary Fiber; 14mg Cholesterol; 493mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Non-Fat Milk; 1 Fat.