

Tangy Red Cabbage

Created by Kristy Regan for the NUNM SIBO Lab

Makes approximately 6 servings.

Ingredients

- 4 pieces bacon, chopped
- 1 small head cabbage, cored and thinly sliced
- Tablespoon garlic oil
- 7 Tablespoons red wine vinegar
- 3 Tablespoons honey
- ½ teaspoon cinnamon
- 3 Tablespoons water or chicken stock
- ¾ cup toasted walnuts

Instructions

1. Chop bacon into small pieces and fry at medium high heat in medium pan until crispy.
2. Remove bacon and set aside.
3. Add garlic oil to the bacon fat.
4. When oil is hot, add cabbage. Sauté for 10 minutes until wilted.
5. Add vinegar, honey and cinnamon and stir to incorporate.
6. Add 3 tablespoons water, stir and cover for 15 minutes until soft.
7. Remove cover, add bacon and cook for about 5 more minutes until soft and relatively dry.
8. Top with toasted walnuts.