

# Low-Glycemic Butter-Braised Cabbage

*Tender cabbage gently simmered and finished with rich butter creates a blood sugar-friendly side dish that's both comforting and nutritious.*

Prep: 10 min

Cook: 12 min

Total: 22 min

Servings: 4

**GL 2.2 / GI 10**

## Ingredients

**Low GI vegetable, excellent for blood sugar control** 1 large head green cabbage

**For boiling water and seasoning** 1 tablespoon kosher salt, plus more for seasoning

**Healthy fat slows glucose absorption** 2 tablespoons salted butter or olive oil

**Enhances flavor without affecting blood sugar** Fresh ground black pepper to taste

## Instructions

### Step 1

Fill a large stockpot with water and add 1 tablespoon of kosher salt. Place over high heat and bring to a rolling boil.

### Step 2

While the water heats, prepare your cabbage by removing any damaged or discolored outer leaves. Cut the head into quarters, remove the tough core, then slice the cabbage into thin ribbons about 1/4-inch wide.

### **Step 3**

Once the water reaches a full boil, carefully add the shredded cabbage to the pot. Stir gently to submerge all pieces in the boiling water.

### **Step 4**

Allow the cabbage to boil uncovered for 12 to 15 minutes, stirring occasionally. The cabbage is ready when it's very tender and has lost its raw crunch but still maintains some structure.

### **Step 5**

Drain the cooked cabbage thoroughly in a colander, allowing excess water to drip away for about 1 minute. Gently press with a spoon to remove additional moisture.

### **Step 6**

Transfer the drained cabbage to a large serving bowl. While still hot, add the butter or olive oil and toss until the fat melts and coats every strand.

### **Step 7**

Season generously with fresh ground black pepper and additional kosher salt to taste, starting with about 3/4 teaspoon. Toss well and taste, adjusting seasoning until the flavors are bright and well-balanced. Serve immediately while hot.