

Low-Glycemic Butter-Braised Cabbage

Tender braised cabbage with rich butter creates a blood sugar-friendly side dish that's both satisfying and nutritious for stable glucose levels.

Prep: 10 min

Cook: 15 min

Total: 25 min

Servings: 4

GL 2.2 / GI 10

Ingredients

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

For cooking water 1 tablespoon kosher salt, for boiling water

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

Adjust to taste 3/4 teaspoon kosher salt, for seasoning

For seasoning Fresh ground black pepper, to taste

Instructions

Step 1

Fill a large pot 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, inspect the cabbage head and peel away any damaged, wilted, or discolored outer leaves. Discard these leaves.

Step 3

Cut the cabbage head into quarters, then remove the tough core from each quarter. Slice the cabbage into thin ribbons, about 1/4 to 1/2 inch wide.

Step 4

Once the water reaches a full boil, carefully add the shredded cabbage. Stir gently to submerge all pieces. Cook for 12 to 15 minutes until the cabbage becomes very tender and translucent.

Step 5

Test the cabbage for doneness by tasting a piece—it should be soft with no raw crunch remaining. When ready, pour the contents into a colander and drain thoroughly, allowing excess water to drip away.

Step 6

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

Step 7

Season with 3/4 teaspoon kosher salt and several grinds of fresh black pepper. Toss well to distribute the seasonings. Taste and adjust salt as needed until the flavors are bright and well-balanced.

Step 8

Serve immediately while hot. For optimal blood sugar management, enjoy this as the first course of your meal or alongside a lean protein source.