

Low-Carb Twice-Cooked Cabbage with Sour Cream and Bacon

Adapted slightly from Kalyn's Kitchen, 2016



2 slices thick-sliced bacon, cut into thin strips
1 teaspoon olive oil, or bacon fat
1/3 cup yellow onion, finely minced
1/2 head cabbage, core cut out and cut into thin strips
1/4 teaspoon sweet paprika
salt and pepper to taste
1/2 cup sour cream
3/8 cup cheddar cheese, grated (or mozzarella)

Per Serving (excluding unknown items): 159 Calories; 14g Fat (77.5% calories from fat); 6g Protein; 3g Carbohydrate; 1g Dietary Fiber; 29mg Cholesterol; 185mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.

Carolyn T's Blog: tastingspoons.com

Servings: 4

1. Preheat oven to 375°F/190C. Slice the bacon. Cut the core out of the cabbage and cut it into thin strips. Mince the onion.
2. Heat a large frying pan over medium high heat, add the strips of bacon, and cook until the bacon is browned and very crisp. Drain bacon on paper towels.
3. Heat olive oil (or use the bacon fat that's in the pan, if you prefer) in the frying pan, add the minced onion, and cook over medium-high heat until it's barely starting to brown. Add the sliced cabbage, season with paprika, salt, and pepper, and cook just until it has softened partly, stirring frequently. Then add the crisp bacon pieces, stir to combine with the cabbage, and cook 1-2 minutes more to combine flavors.
4. Spray a glass baking dish with olive oil or non-stick spray. Pour the sauteed cabbage in the casserole dish and spread the sour cream over, then sprinkle with the grated cheese.
5. Bake about 20-30 minutes, or until it's bubbling hot and the top is nicely browned. Serve hot.