



Featured Recipe

Olson Women's Health Resource Center
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Kielbasa and Cabbage Skillet

Looking for a new high protein, low carbohydrate meal? Try this Kielbasa and Cabbage Skillet. Eating cabbage can support good health. It is a low-calorie vegetable that contains a lot of fiber, Vitamin K and Vitamin C, which promotes digestion, bone health and immune function. Cabbage has powerful antioxidants like anthocyanins and compounds like sulforaphane that fight inflammation, lowers cholesterol, and may help protect against certain cancers. Enjoy!

Jaime Stevens, Registered Dietitian, Licensed Medical Nutrition Therapist for the Olson Center

INGREDIENTS

- 12 to 16 ounces kielbasa sausage
- 2 tablespoons unsalted butter or ghee
- pinch of red flakes
- ¼ teaspoon freshly ground black pepper
- 1 tablespoon apple cider vinegar
- ½ small (2 to 3 pound) head green cabbage
- ¼ teaspoon caraway seeds
- ¼ teaspoon kosher salt
- 1 tablespoon whole-grain mustard

INSTRUCTIONS

1. To begin, halve kielbasa sausage lengthwise, then cut crosswise into ½- inch wide pieces. Core and chop green cabbage into rough, 1-inch pieces (about 8 cups).
2. Next, melt unsalted butter in a large cast iron or regular skillet over medium-high heat. Add caraway seeds and a pinch of red pepper flakes, and cook until fragrant, about 30 seconds. Add the kielbasa and cook until browned, 6 to 8 minutes.
3. Add the cabbage, kosher salt, and black pepper, and cook stirring occasionally and scraping the bottom of the pan to release any browned bits, until tender and lightly browned, 8 to 10 minutes. Add whole-grain mustard and apple cider vinegar, toss to continue. Enjoy!
4. **Recipe Notes:** The sausage and cabbage can be cut and refrigerated separately up to three days in advance. Refrigerate leftovers in an airtight container for up to four days.

Prep Time: 5 minutes

Yields: 4 servings

Cook Time: 20 – 25 minutes

NUTRITION

Calories: 341 kcal

Carbohydrates: 1.5g

Fat: 30.5g

Protein: 15.6g

Sugar: 1.0g

Olson Wellness Exchange

The Olson Wellness Exchange is a free wellness program offered by the Olson Center. Designed to help community members incorporate health and wellness into their daily lives; by joining the Olson Wellness Exchange you will receive up-to-date information on Olson Center educational offerings and learn about companies in Omaha area that are working to improve wellness in the community. Some benefits of your FREE O.W.E. membership include monthly e-mails or mailers with current offerings and promotions from O.W.E. partners, a free subscription to our quarterly women's health newsletter, and notifications of educational seminars specific to health issues. To register, call (402) 559-6345, or visit us at the Olson Center for Women's Health – Resource office located on the 4th Floor of the Durham Outpatient Center on UNMC's main campus. Registration can also be completed online at www.unmc.edu/obgyn/community/.

