



Do the Cabbage Pack!



1/4th of recipe: 88 calories, 4.5g total fat (1.5g sat. fat), 292mg sodium, 8g carbs, 2.5g fiber, 4.5g sugars, 5g protein

Prep: 10 minutes **Cook:** 35 minutes



Ingredients

1/2 head of green cabbage
1 small onion, sliced
2 tbsp. light whipped butter or light buttery spread (like [Brummel & Brown](#))
Dash each salt, black pepper, and paprika, or more to taste
1/4 cup precooked real crumbled bacon (like the kind by Oscar Mayer or Hormel)
1 tsp. chopped garlic

Directions

Preheat oven to 400 degrees.

Carefully remove the tough core from the cabbage using a sharp knife. Slice the cabbage half into 4 thin wedges. Halve each wedge, leaving you with 8 "chunks."

Lay a large piece of heavy-duty foil on a baking sheet and spray with nonstick spray. Spread the cabbage out in the center, and top with onion. Add butter in 4 evenly spaced dollops over the onion. Sprinkle with salt, pepper, and paprika. Top with bacon and garlic.

Place another large piece of foil over the veggies. Fold together and seal all four edges of the two foil pieces, forming a well-sealed packet.

Bake in the oven for 30 - 35 minutes, until veggies are soft.

Let it cool slightly. Using oven mitts, carefully flip the packet over, allowing the butter mixture to coat the veggies, and then return to right-side-up. Cut the packet to release steam before opening it entirely. (Careful -- steam will be hot.) If you like, season to taste with additional salt, pepper, and paprika. Mmmmm!

MAKES 4 SERVINGS

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