

BRAISED CABBAGE WITH BACON

It's always a feat to get certain members of my family to eat their greens. I use all kinds of trickery to sneak it into their diets. I put spinach in fruit smoothies and when desperate, I add bacon to my sautéed vegetables. Bacon can make anything taste better. I realize bacon isn't a super food, but it should be.

INGREDIENTS (Serves 4)

4 strips bacon

Canola oil, as needed

1 onion, thinly sliced

4 cups Napa cabbage, chopped

$\frac{1}{4}$ teaspoon red pepper flakes

salt and pepper to taste

$\frac{1}{2}$ cup chicken stock

1 Tablespoon soy sauce

1 Tablespoon maple syrup

PREPARATION

In a large skillet, render the bacon. Once crispy, remove bacon strips and place on paper towel. Set aside. When cool, chop up the bacon strips and reserve.

Sauté onion in rendered bacon fat for about 6 minutes until beginning to brown. If too dry, add canola oil as needed. Add in cabbage, pepper flakes, salt and pepper. Continue to sauté for one minute. Add chicken stock, soy sauce and maple syrup. Continue to sauté until wilted, about 3-4 more minutes. Turn

off heat, add the bacon, toss, then serve.