

Saffron Cabbage

Makes 1-2 servings
1.5 grams protein
0 fat
60 calories

Ingredients

- 1½ cups cabbage, chopped
- 1 cup chicken broth or water
- 2 tablespoons onion, finely chopped
- 1 clove of garlic, crushed and minced
- Pinch of saffron powder or threads softened in water & made into a paste
- ⅓ teaspoon turmeric
- Dash of mustard powder
- Salt and pepper to taste

Directions

1. In a large frying pan, heat chicken broth and spices.
2. Add cabbage and cover pan with a lid.
3. Cook cabbage until tender, adding water if necessary to keep from burning and coating with the spice mixture.
4. Serve hot with chicken or chilled for a cool salad.



HCG Diet Tip

Take a weekly shopping trip to pick up wonderful, fresh, or organic produce at your local farmers market or co-op. If you go to your local grocery store, try to buy your veggies as fresh as possible for optimum nutritional value.



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