

Warm Cabbage Salad with Bacon & Pears

Ingredients

(serves 6)

- 2 slices turkey bacon
- 6 cups sliced cabbage
- 1 large red onion (sliced)
- 2 Tbsp cider vinegar
- 2 Tbsp olive oil
- 1 tsp Dijon mustard
- 2 thinly sliced ripe pears
- crumbled cheese

NUTRITION *(per serving)*

184 calories

5 g protein

19 g carb

5 g fiber

11 g fat

3.5 g saturated fat

236 mg sodium

Directions

1. Cook 2 slices bacon in large skillet over med-high heat until crisp. Drain on paper towels, crumble, and reserve.
2. Reserve 1 Tbsp fat from skillet. Add 6 cups sliced cabbage and 1 sliced red onion. Cook until tender (about 4 minutes)
3. Whisk together 2 Tbsp of cider vinegar and 2 Tbsp olive oil with 1 tsp Dijon mustard in a large bowl.
4. Toss in 2 thinly sliced pears and top with crumbled cheese (such as blue cheese or feta) and bacon, if desired.



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