

## **Braised Red Cabbage**

2 tablespoons extra-virgin olive oil  
1 small onion, sliced  
1/2 red cabbage, shredded  
1/3 cup white or apple cider vinegar, eyeball it  
2 rounded tablespoons sugar or maple syrup  
1 teaspoon mustard seed  
Salt and pepper

Heat a skillet over medium high heat. Add oil and onion and sauté 2 minutes. Add cabbage and turn in pan, sautéing it until it wilts, 3 to 5 minutes. Add vinegar to the pan and turn the cabbage in it. Sprinkle sugar over the cabbage and turn again. Season with mustard seed, salt and pepper and reduce heat a bit. Let cabbage continue to cook 10 minutes or until ready to serve, stirring occasionally.