

## **CABBAGE CASSEROLE RECIPE**

Recipe brought to you by: <http://www.best-low-carb-recipes.com/>

Makes 6 servings

### **PER SERVING:**

299 Calories

3.14g Carbs

2.5g Fiber

0.64g Net Carbs

27.2g Fat

10g Protein

(81.3% Fat, 13.4% Protein, 5.3% Carbs)

### **INGREDIENTS**

1/4 large green cabbage

1/4 cup butter

4 tbsp cream cheese (full fat)

4 tbsp heavy whipping cream (35%)

8 oz old cheddar cheese, grated

Salt & Pepper to taste

### **DIRECTIONS**

Pre-heat the oven to 375F.

Use a mandoline to finely shred the cabbage. Or slice thinly by hand or in a food processor.

Melt butter over low heat. Add the cabbage. Stir to coat the cabbage with the melted butter.

Add salt and pepper.

Cook over low heat, uncovered and stirring often to prevent the cabbage from browning. Cook the cabbage until very tender, about 30-40 minutes.

The cabbage should wilt down by about half its original volume.

Stir in the cream cheese. Stir in the heavy whipping cream.

Turn off the stove. Combine everything until the cream cheese and whipping cream stick to the cabbage.

Transfer to a baking dish and top evenly with the grated cheddar. Bake for about 30 minutes.

To brown and crisp up the cheese, place the dish under the broiler and watch carefully.

When the cheese begins to bubble and brown it's ready.

Let the dish cool about 5 to 10 minutes before serving.

This recipe is very creamy and cheesy and definitely filling. It's got loads of healthy fiber too.

Leftovers reheat really well. I actually had leftovers for breakfast and that will keep me going until dinner tonight!

If you wanted to you could add hot pepper flakes and bacon bits too!

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