

Cabbage, Bacon, White Beans, Golden Raisins with Sage and Thyme



4 slices bacon (preferably applewood-smoked) minced
2 large garlic cloves, minced
4 small leeks, split, rinsed, thinly sliced
1 large cabbage, thinly sliced (core removed)
1 cup low sodium chicken broth
1/4 cup dry white wine
1 1/4 cups cooked white beans, rinsed and drained or
1/2 teaspoon sugar
1 tablespoon fresh sage, finely julienned
3 tablespoons chives, minced (or use green onions)
coarsely ground black pepper, to taste
2 teaspoons dried thyme
1 1/2 tablespoons extra virgin olive oil, optional
1/2 cup golden raisins
Salt and pepper to taste (it needs an ample amount of salt)
1 teaspoon hot chili flakes, optional

Per Serving (excluding unknown items): 156 Calories; 4g Fat (25.3% calories from fat); 6g Protein; 23g Carbohydrate; 4g Dietary Fiber; 3mg Cholesterol; 133mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:

<http://tastingspoons.com>

Description: Could be a vegetarian entree for 4 people; here I've made it a hearty side dish for about 8 people.

Notes: If you like some heat, add some chili flakes toward the end of cooking.

1. Cook bacon in 12-inch non-stick skillet over medium-high heat until crisp, about 3 minutes. Use slotted spoon to set bacon on paper towels. Drain off all but 2 tablespoons fat.
2. Add leeks to skillet. Allow to cook about 5 minutes until they're starting to turn translucent. Add garlic and stir for about 30 seconds.
3. Add cabbage, chicken stock, golden raisins, wine, sage, chives, sugar and beans. Gently toss to combine.
4. Simmer until cabbage has mostly wilted, about 5-10 minutes. Add hot chili flakes, salt (ample) and pepper plus the olive oil (if using - it adds flavor).
5. Crumble bacon into mixture along with the dried thyme, and stir well to combine. Adjust seasonings and serve hot.