



# The Micheff Sisters and Mom!

“Noodle It” (10-26-16)

## Capusta

### Ingredients:

- 1 medium head cabbage, shredded
- salt to taste
- vegan margarine to taste
- shredded carrots (optional)
- 1 pound fettuccine noodles,  
broken in thirds, cooked and drained



### Directions:

Spray a large skillet with non-stick cooking spray then heat to medium high. Sauté shredded cabbage until tender. Season with salt and vegan margarine to taste.

Cook noodles according to package directions and drain. Add to cooked cabbage and mix well.

**Yields:** 8 services

*Bernie Micheff*