



## Cabbage Stir-Fry

Makes: 6 (1 cup) servings  
 Preparation Time: 10 minutes  
 Cooking Time: 10 minutes

### Ingredients:

- 1 tablespoon vegetable oil
- 1 cup onions, chopped
- 2 medium green peppers, chopped
- 1 small head cabbage, chopped
- 2-4 cloves garlic, chopped
- 2-4 tablespoons soy sauce to taste

### Directions:

1. Wash green peppers and cabbage before chopping.
2. Heat oil in a large skillet.
3. Add onions, peppers, cabbage, and garlic to skillet and cook over medium heat until vegetables are tender.
4. Add soy sauce and stir until sauce boils.
5. Refrigerate leftovers.

### Be Creative!

- Turn into a main dish by serving with brown rice or barley.
- Try adding other vegetables that you have on hand.
- Add ginger for added flavor.

Nutrition Facts	
Serving Size 1 Cup (201g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 80</b>	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 900mg	38%
Total Carbohydrate 13g	4%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 3g	

