



Vary Your Veggies... Focus on Fruit



EFNEP

Expanded Food and Nutrition Education Program

Cabbage Stir-Fry

Makes: 6 (1 cup) servings

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Ingredients:

- 1 tablespoon vegetable oil
- 1 cup chopped onions
- 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

Calories 80 **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

