

Cabbage Stir-Fry

Rating: ★★★★★

Prep time: 10 minutes

Cook time: 10 minutes

Makes: 6 Servings

Ingredients

- 1 **tablespoon** vegetable oil
- 1 **cup** chopped onion
- 2 green peppers, medium (chopped)
- 1 small head cabbage (chopped)
- 2 cloves garlic (chopped)
- 2 **tablespoons** soy sauce, low-sodium (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.

Notes

2 cloves garlic and 2 Tablespoons soy sauce used in nutrition analysis.

Colorado State University and University of California at Davis. Eating Smart Being Active Recipes.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
---------------	--------	----------------

Total Calories	71	
Total Fat	2 g	3%
Protein	2 g	
Carbohydrates	12 g	4%
Dietary Fiber	4 g	16%
Saturated Fat	0 g	0%
Sodium	201 mg	8%

MyPlate Food Groups

Vegetables	1 3/4 cups
------------	------------