



Cabbage Stir Fry

Ingredients:

- 1 Tablespoon vegetable oil
- 1 cup chopped onions
- 2 medium sweet green bell peppers, chopped
- 1 small head cabbage, chopped
- 2-4 cloves garlic, chopped
- 2 Tablespoons lite soy sauce

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.

Nutrition Facts			
Serving Size 1 cup (6.8 ounces)			
Servings Per Recipe 6			
Amount Per Serving			
Calories	70	Calories from Fat	20
% Daily Value *			
Total Fat	2g		3%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	230mg		9%
Total Carbohydrate	12g		4%
Dietary Fiber	4g		16%
Sugars	6g		
Protein	3g		
Vitamin A	6%	Vitamin C	130%
Calcium	6%	Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Yields about 6 (1 cup) servings

Prep Time: 10 minutes Cook Time: 10 minutes

Source: Adapted from *Eating Smart, Being Active, California EFNEP and Colorado EFNEP*