CABBAGE STIR-FRY

**SERVES:** 6 servings (1 cup per serving)

**PREP TIME:** 12 minutes
**COOK TIME:** 10 minutes

**INGREDIENTS:**
- 1 tablespoon vegetable oil
- 1 small onion, chopped
- 2 green peppers, chopped
- 1 medium head of cabbage, chopped
- ½ teaspoon garlic powder
- 3 tablespoons soy sauce

**STEPS:**
1. Wash all vegetables.
2. Collect, chop, and measure all ingredients before starting to prepare the recipe.
3. Heat oil in a skillet.
4. Add onion, green pepper, cabbage, and garlic powder to skillet, and cook over medium heat until vegetables are tender.
5. Add soy sauce and stir to combine.
7. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

**Be creative!**
- Turn into a main dish by serving with brown rice or barley.
- Try adding other vegetables or cooked meat you have on hand.
- Use red pepper instead of green pepper.

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