

CABBAGE STIR-FRY



PREP TIME:
12 minutes

COOK TIME:
10 minutes

SERVES:
6 servings
(1 cup per serving)

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.
6. Serve hot.
7. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Nutrition Facts	
6 servings per container	
Serving size	1/2 Cup (87g)
Amount Per Serving	
Calories	90
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 2g Added Sugars	4%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1mg	6%
Potassium 319mg	6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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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