



A Nutrition Resource

CABBAGE STIR FRY

Yield: 6 Servings | Serving Size: 1 cup

Cost/serving: \$1.05

Ingredients:

- 1 Tablespoon vegetable oil
- 1 small onion, chopped
- 2 green peppers, chopped
- 1 medium head of cabbage, chopped
- 1/2 teaspoon garlic powder
- 3 Tablespoons soy sauce

Directions:

- 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.

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.

Nutrition Facts

6 servings per container
Serving size 1 cup (189g)

Amount per serving
Calories 70

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 65mg	6%
Iron 1mg	6%
Potassium 392mg	8%

*The % Daily Value 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.



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