



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*
<b>Total Fat</b> 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 210mg	9%
<b>Total Carbohydrate</b> 11g	4%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%

<b>Protein</b> 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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