



Cabbage Stir-Fry

Makes: 6 (1 cup) servings
Preparation Time: 10 minutes
Cooking Time: 10 minutes

Ingredients:

1 tablespoon vegetable oil
1 cup onions, chopped
2 medium green peppers, chopped
1 small head cabbage, chopped
2-4 cloves garlic, chopped
2-4 tablespoons soy sauce (to taste)

Directions:

1. Wash hands with soap and water.
2. Wash green peppers and cabbage under cold running water before chopping.
3. Heat oil in a large skillet.
4. Add onions, peppers, cabbage, and garlic to skillet and cook over medium heat until vegetables are tender.
5. Add soy sauce and stir until sauce boils.
6. Refrigerate leftovers within 2 hours. Eat within 3-5 days.

Be Creative!

- Turn into a main dish by serving with brown rice or barley.
- Try adding other vegetables that you have on hand.
- Add ginger for added flavor.

Nutrition Facts

Serving Size 1 Cup (201g)	
Servings Per Container 6	
Amount Per Serving	
Calories 80	Calories from Fat 20
<hr/>	
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 900mg	38%
Total Carbohydrate 13g	4%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 3g	



United States
Department of
Agriculture
National Institute
of Food and
Agriculture

This material is based upon work that is supported by the National Institute of Food and Agriculture, US Department of Agriculture.

USDA is an equal opportunity provider and employer.

© 2016 Colorado State University all rights reserved.

