



EATING SMART  
BEING ACTIVE

## Cabbage Stir-Fry

Makes: 6 servings (1 cup per serving)

Preparation Time: 12 minutes

Cooking 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

### 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.

| <b>Nutrition Facts</b>         |                     |
|--------------------------------|---------------------|
| 6 servings per container       |                     |
| <b>Serving size</b>            | <b>1 Cup (265g)</b> |
| Amount Per Serving             |                     |
| <b>Calories</b>                | <b>90</b>           |
| <small>% Daily Values*</small> |                     |
| <b>Total Fat</b> 3g            | <b>4%</b>           |
| Saturated Fat 0g               | <b>0%</b>           |
| <i>Trans</i> Fat 0g            |                     |
| <b>Cholesterol</b> 0mg         | <b>0%</b>           |
| <b>Sodium</b> 520mg            | <b>23%</b>          |
| <b>Total Carbohydrate</b> 16g  | <b>6%</b>           |
| Dietary Fiber 6g               | <b>21%</b>          |
| Total Sugars 8g                |                     |
| Includes 0g Added Sugars       | <b>0%</b>           |
| <b>Protein</b> 4g              | <b>8%</b>           |
| Vitamin D 0mcg                 | <b>0%</b>           |
| Calcium 80mg                   | <b>6%</b>           |
| Iron 1mg                       | <b>6%</b>           |
| Potassium 472mg                | <b>10%</b>          |

\*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.



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