



Cabbage Stir Fry

Prep time: 20 min
Cook time: 20 min
Serves 4-6

Ingredients

- 8-ounces spaghetti noodles, cooked according to package directions and drained or 2 cups cooked rice
- 3 tablespoons reduced-sodium soy sauce
- 1½ tablespoons toasted sesame oil
- 3 tablespoons rice vinegar
- 1/2 teaspoon salt or to taste
- ¼ teaspoon black pepper
- 3 tablespoons canola or olive oil
- 1- 1lb. package frozen mixed stir fry vegetables
- 1/2 yellow onion, thinly sliced
- 1 tablespoon minced garlic (or 4-6 garlic cloves, minced)
- ½ small green or purple cabbage, chopped
- 3 green onions, chopped

Optional: toasted sesame seeds and red pepper flakes

Directions



Start with clean hands!
Wash your hands with soap and water.

1. In a small bowl mix together the soy sauce, sesame oil, rice vinegar, salt, and pepper. Add pinch of red pepper flakes to add some spiciness if desired. Set aside.
2. In a large skillet, over high heat, add the canola or olive oil.
3. When oil is hot, add the mixed vegetables and sliced onion. Sauté for 7 minutes or until the vegetables are soft and the onion is translucent.
4. Add the garlic and sauté for another 3-4 minutes or until the garlic is light brown and the other vegetables are golden.
5. Add in the cabbage and the green onion. Sauté for 5 more minutes until the cabbage has softened.
6. Add the noodles or rice and the sauce to the skillet. Toss all ingredients together and turn off heat.
7. Sprinkle with sesame seeds if desired. Serve hot.
8. Enjoy!

Tip: Add your favorite protein food (chicken, shrimp, tofu, edamame, etc) to the dish to make a balanced meal.



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This institution is an equal opportunity provider.

