



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>
% Daily Values*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 520mg	23%
Total Carbohydrate 16g	6%
Dietary Fiber 6g	21%
Total Sugars 8g	
Includes 0g Added Sugars	0%
<b>Protein 4g</b>	<b>8%</b>
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1mg	6%
Potassium 472mg	10%

\*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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*Fruits and Veggies: Half Your Plate*



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## Sofrito de col

Rinde: 6 porciones (1 taza por porción)

Tiempo de preparación: 12 minutos

Tiempo de cocción: 10 minutos

### **Ingredientes**

- 1 cucharada de aceite vegetal
- 1 cebolla pequeña picada
- 2 pimientos verdes picados
- 1 col pequeño picado
- ½ cucharadita de ajo en polvo
- 3 cucharadas de salsa de soya

### **Preparación**

8. Lavar todos los vegetales.
9. Reunir, picar y medir todos los ingredientes antes de comenzar a preparar la receta.
10. Calentar el aceite en un sartén.
11. Agregar la cebolla, el pimiento, la col y el ajo en polvo a la sartén. Cocinar a fuego medio hasta que los vegetales estén tiernos.
12. Agregar 2 cucharadas de salsa de soya y mezclar.
13. Servir caliente.
14. Refrigerar las sobras dentro de las 2 horas. Consumir dentro de los siguientes 3 a 5 días.

### ***¡Sea creativo!***

- Conviértalo en un plato principal sirviéndolo con arroz integral o cebada.
- Agregue otros vegetales o carne cocida que le haya sobrado.
- Use pimiento rojo en lugar de pimiento verde.

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