

Asian Cabbage Stir Fry

Ingredients

- 1-1/4 lb cabbage
- 2 cups green bell peppers
- 1-1/2 cups onion
- 2 tsp garlic
- 1 tsp ginger root
- 2 tsp sesame oil
- 1 tsp sambal oelek chili sauce
- 1 tsp soy sauce, low sodium
- 1 tsp teriyaki sauce



Directions

1. Cut cabbage into large strips and julienne peppers and onions. Mince garlic and ginger.
2. In braising pan on medium heat, add sesame oil, peppers, onions, garlic, and ginger. Sauté for 45 seconds.
3. Add cabbage and cook for an additional 2 minutes.
4. Add chili sauce, soy sauce, and teriyaki sauce. Simmer on low heat for 5 minutes or until internal temperature reaches 135°F.

Notes

Number of Portions: 4

Serving Size: 1/2 cup

Nutrition Facts: 85 calories,
2.47 g fat, 0.40 g saturated fat,
102 mg sodium, 15.13 g
carbohydrate, 5.02 g fiber, 7.6 g
sugar, 2.88 g protein