

Sweet Cabbage Vegetable Stir Fry

Ingredients:

- 2 cloves garlic, crushed
- 1 red onion, chopped
- 2 tbsp. red wine vinegar
- 2 ½ tbsp. olive oil
- ⅓ head green cabbage
- 1 can pineapple chunks, drained
- 2 cup broccoli flowerets
- ⅛ tsp. salt
- ¾ tsp. garlic powder



Nutrition Facts

Serving Size 1 cup (227g)
Servings Per Container 5

Amount Per Serving

Calories 160 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 90mg **4%**

Total Carbohydrate 22g **7%**

Dietary Fiber 4g **16%**

Sugars 16g

Protein 3g

Vitamin A 20% • Vitamin C 120%

Calcium 8% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Directions:

1. In wok or large skillet, sauté onions and garlic in olive oil until onions are soft, about 3-5 minutes.
2. Add broccoli and vinegar, cover for 3 more minutes, stirring occasionally.
3. Add rest of ingredients and stir fry about 3 more minutes, adding a bit of water to retain moisture if stir fry becomes too dry.
4. Cabbage should still be softened but still slightly crisp when finished.