

Cabbage Stir fry

Ingredients:

- 2 tbsp. canola oil
- 1 small head of cabbage, shredded
- 1 cup onion, chopped
- 2 carrots, shredded
- 2 garlic cloves, minced
- 2 Tbsp. low sodium soy sauce

Instructions:

1. Wash carrots and cabbage before shredding.
2. Heat oil in a large skillet.
3. Add onions, carrots, cabbage, garlic to skillet and cook over medium heat until vegetables are tender.
4. Add soy sauce, stir, and cook for one minute.
5. Refrigerate leftovers within 2 hours. Enjoy!

Nutrition Facts: 6 servings per container (serving size 1 cup); Calories 90, Total Fat 5g, Cholesterol 0mg, Sodium 230mg, Total Carbohydrate 10g, Dietary Fiber 3g, Total Sugars 4g, and Protein 3g

