



Cabbage Stir-Fry

4-6 servings

INGREDIENTS

- 1 Medium cabbage, cored and shredded
- 1 Tbsp vegetable oil
- 1 Tbsp sesame oil
- 2 garlic cloves, minced
- 1 tsp grated ginger, fresh
- 2 Tbsp soy sauce
- Pinch, red pepper flakes

DIRECTIONS

1. Heat the oil in a large sauté pan or wok over medium heat. Add garlic and red pepper flakes and cook for a few seconds until garlic begins to soften and become fragrant.
2. Add cabbage, mix using tongs, until cabbage is evenly coated in spicy garlic oil, add 2 Tbsp water and cover to create steam, cook for 3-4 minutes. Cabbage will begin to soften.
3. Add the ginger and soy sauce, increase the heat to high. Leave uncovered, stir-fry* until the cabbage is tender, for about 2-3 minutes more. Adjust seasoning and mix well before serving.

*stir-fry: to cook rapidly in a lightly oiled pan/wok over high heat while stirring briskly.



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This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.