



CABBAGE AND EGG STIR FRY

PREP TIME: 15 minutes

SERVING SIZE: 1 cup

COOK TIME: 15 minutes

SERVES: 5

INGREDIENTS

- 1 large garlic clove, minced
- 1 tablespoon extra-virgin olive oil or sesame oil
- 1 cup of carrots, shredded
- 1 tablespoon low-sodium soy sauce
- 4 large eggs
- 1 half of a medium cabbage (about 16 oz.), shredded
- 1/3 cup of green onion, minced
- 1/2 tsp black pepper
- 1/2 tsp salt
- 1/2 tsp sesame seeds (optional)



PREPARATION

1. Heat olive oil in skillet over medium-high heat for about 1 minute. Add garlic and stir until fragrant, about 1 minute.
2. Add cabbage, carrots and soy sauce to skillet and cook, stirring for about 3-5 minutes or until cabbage has softened.
3. Push all of the cabbage to the side and crack all of the eggs to the empty side. After about 10 seconds, stir the cabbage and eggs all together.
4. Add green onions and stir until heated through. Add the salt and pepper and mix into the cabbage.
5. Top off with the sesame seeds.

SOURCE

<http://www.extension.umn.edu/family/live-healthy-live-well/healthy-bodies/eat-smart/the-recipe-box/docs/easy-cabbage-and-egg-stir-fry.pdf>

Recipe modified by CHOICES Nutrition Education Program

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Nutrition Facts

5 servings per container	
Serving size	1 cup (222g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 150mg	50%
Sodium 210mg	9%
Total Carbohydrate 13g	5%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 1mcg	6%
Calcium 98mg	8%
Iron 2mg	10%
Potassium 399mg	8%

*The % Daily Value 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.



This institution is an equal opportunity provider. Rev 11/17
This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP.



SOFRITO DE REPOLLO Y HUEVO

TIEMPO DE PREPARACIÓN: 15 minutos

TAMAÑO DE PORCIÓN: 1 taza

TIEMPO PARA COCINAR: 15 minutos

PORCIONES: 5

INGREDIENTES

- 1 clavo de ajo
- 1 cucharada de aceite de olivo o aceite de sésamo
- 1 taza de zanahoria, en trizas
- 1 cucharada de aceite de soya baja en sodio
- 4 huevos
- 1 media cabeza de repollo (16 oz), rallado
- 1/3 taza de cebolla verde, picada
- ½ cucharadita de pimienta
- ¼ cucharadita de sal
- ½ cucharadita de semillas de sésamo (opcional)



PREPARACIÓN

- Calentar el aceite en una cazuela sobre fuego medio-alto por un minuto. Agregar el ajo y menear hasta que cambie a color dorado, por aproximadamente 1 minuto.
- Agregar repollo, zanahoria, y salsa de soya a la cazuela y cocinar, meneando frecuentemente de 3 a 5 minutos o hasta que el repollo se ablande.
- Empujar todo el repollo y zanahoria a un lado y romper los huevos en el lado opuesto. Después de unos 10 segundos, mezclar el huevo y el repollo.
- Agregar la cebolla verde y revolver todo hasta que todo se cocine.
- Rociar las semillas de sésamo encima.

FUENTE

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Receta modificada por CHOICES Programa Educativo de Nutrición

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Este material fue financiado en parte por el programa del USDA – SNAP en inglés