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Savory Cabbage Stir-Fry

Mobile Market Cooking Demo w/ Chef Chris Hastings



INGREDIENTS	INSTRUCTIONS
• 1/2 of a Head of Cabbage • 1 Small White Onion • 1/2 Red, Green, Yellow Bell-Peppers • 2 Large Carrots • 1 Tomato • 2 Cloves of Garlic • 2 tsp Sea Salt • 2 tsp Garlic Powder • 1 tsp of Dried Basil • 1 tsp Black Pepper • 1 tsp Complete Seasoning • 1 tsp Parsley • 2 tbsps Butter • 2 tbsps Avocado Oil (if unavailable, use oil of choice)	1. Chop all veggies and set to the side. 2. Pre-heat large skillet on medium heat. 3. Then, add butter and oil. 4. Saute' garlic for 10 seconds; then add all other veggies and stir. 5. Add seasoning and continue to stir. 6. Cook until all veggies are tender with a slight crunch. 7. This dish pairs well with fish & chicken. Recipe by Chef Timmorah Yisrael-Garcia Reyes

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