

SWEET CABBAGE AND ONION STIR FRY (SERVES 8)

INGREDIENTS:

- 3 garlic cloves
- 1 large or 2 medium onions
- 1 medium head cabbage (about 2 ½ pounds)
- 2 tablespoons extra virgin olive oil (or vegetable or canola oil)
- Salt and pepper

TIPS:

- Can be mixed with cooked whole wheat pasta and/or shredded cooked chicken.
- Can be made with any kind of cabbage, or with a combination of cabbages.

DIRECTIONS:

1. Crush and peel the garlic cloves, removing any green shoots. Finely chop (mince) the garlic.
2. Wash the onion(s). Cut onion(s) in half lengthwise (through the root) and peel the onion(s). Rest onion halves on their flat sides and cut onions into thin slices (1/8– to 1/4-inch thick).
3. Wash cabbage. Cut cabbage into 4 wedges and cut out the core. Cut the cabbage into thin slices (about 1/4-inch thick).
4. Heat a large frying pan over medium-high heat for a couple minutes. Add oil. Add onions and cook, stirring often, for about 1 minute. Add garlic and continue cooking, stirring constantly until garlic becomes fragrant, about 30 seconds. Add cabbage and stir to combine. Continue cooking, stirring regularly, until cabbage is tender, usually 3 to 5 minutes. (Cabbage can still be slightly crunchy, but it should no longer taste raw.)
5. Season to taste with salt and pepper.