



## **Sautéed Cabbage and Mixed Vegetables – Asian style**

### **Ingredients:**

- 1 medium head of Napa or Chinese cabbage, cored and cut into slivers
- 1 small red pepper – seeded and cut into slivers
- 1 small yellow pepper – seeded and cut into slivers
- 1 5oz bag of spinach
- 1 heaping tsp. of minced or chopped garlic
- 1 heaping TBSP of jarred pickled ginger – found in the Asian food section of most grocery stores.
- 1 TBSP pickled ginger liquid from jar
- 1/2 tsp (or to your taste) red pepper flakes (optional)
- 1-2 Tbsp. of olive oil
- 1/4 - 1/2 tsp. of salt

### **Directions:**

Heat olive oil in large saucepan on medium heat; add onions and stir. Once onions begin to soften (about 5 minutes), add peppers and garlic. Stir, cover and cook for an additional 5 minutes. Remove lid, add Napa cabbage and 1/4 tsp. of salt; mix well. Cover and cook, stirring frequently, until cabbage has softened - roughly 4-6 minutes. Add bag of spinach, stir, cover and cook until spinach has wilted. (~ 2 minutes). Remove from heat, add pickled ginger and ginger juice, stir and add salt and pepper to taste. Serve as side or as base with seared tuna.

*Compliments of Eat Right, Be Fit, Live Well*