Asian Cabbage-Kale Stir-fry

**Ingredients**

- 2 C. Asian cabbage, chopped
- 2 C. Kale, chopped
- 1 medium onion, sliced thinly
- 2—4 scallions, sliced
- Garlic soy sauce, to taste
- 1/3 C. olive oil for frying
- 2 C. cooked brown rice or quinoa

**Instructions**

1. Heat olive oil in large frying pan.
2. Sautee onion and scallions.
3. Add kale and cabbage. Sautee until barely tender.
4. Add garlic soy sauce to taste.
5. Serve on top of cooked rice or quinoa.

_Yield 4 servings_

Recipe shared by Toni Scott, OKT Cooking Coach

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A delicious vegan meal!