

Cook, Eat & Talk

OUR KITCHEN TABLE



Asian Cabbage-Kale Stir-fry

Ingredients

A delicious vegan meal!

- 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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