



Chicken Cabbage Stir-Fry



Ingredients

- 3 **chicken breast** halves
- 1 teaspoon **oil**
- 3 cups **green cabbage**, shredded (1/2 head)
- 1 tablespoon **cornstarch**
- 1/2 teaspoon **ground ginger**
- 1/4 teaspoon **garlic powder** or 1 clove garlic finely chopped
- 1/2 cup **water**
- 1 tablespoon **soy sauce**

Makes: 6 Cups
Prep time: 15 minutes
Cooking time: 20 minutes

Directions

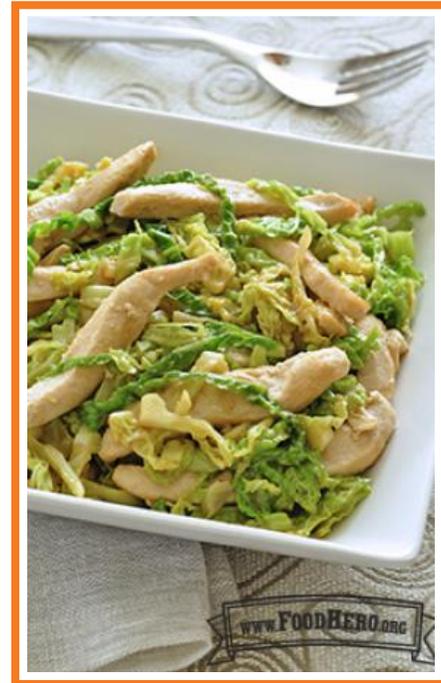
1. Cut chicken breasts into strips.
2. Heat oil in a skillet over medium-high heat (350 degrees in an electric skillet).
3. Add chicken strips and stir fry, turning constantly until done.
4. Add cabbage and sauté 2 minutes until cabbage is crisp-tender.
5. Mix cornstarch and seasonings; add water and soy sauce, and mix until smooth.
6. Stir sauce into chicken/cabbage mixture.
7. Cook until sauce has thickened and chicken is coated, about 1 minute.
8. Refrigerate leftovers within 2 hours.

This recipe video was created by the [Oregon Farm Direct Nutrition Program](#).

Notes

- Add bell peppers or carrots to stir fry for color.
- Try stir fry with broccoli.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. 2017 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.



Nutrition Facts

Serving Size 1 cup (119g)
 Servings Per Container 6

Amount Per Serving

Calories 90 **Calories from Fat 20**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 140mg **6%**

Total Carbohydrate 4g **1%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 13g

Vitamin A 2% • Vitamin C 30%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4