



# Cabbage & Potato Sauté

Makes 4 Servings



Washington Farmers  
Market Nutrition Program

## Ingredients:

- 1 small bell pepper, chopped
- 1/2 small onion, chopped
- 1-2 cloves garlic, finely chopped
- 1 tablespoon vegetable oil
- 1/2 small head cabbage, green or purple, sliced thin or shredded
- 2 medium potatoes, cooked and chopped
- Dash cayenne pepper (optional)
- Pinch of salt
- 1 tablespoon fresh parsley, chopped or 2 teaspoons dried parsley

## Directions:

1. Sauté bell pepper, onion and garlic in oil in a skillet.
  2. Add cabbage to skillet and cook, stirring occasionally, about 3 minutes.
  3. Add pre-cooked potatoes and spices, stir to combine all ingredients. Cover and cook 2 more minutes. Serve hot.
- *Leftovers can be made into soup by adding chicken or vegetable broth.*



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| <b>Nutrition Facts</b>   |                  |
|--|------------------|
| Serving size: 1/4 of recipe (187g)   |                  |
| Servings Per Recipe 4  |                  |
| <b>Amount Per Serving</b>  |                  |
| <b>Calories</b> 117  | Cal. from Fat 35 |
| <b>% Daily Value*</b>  |                  |
| <b>Total Fat</b> 4g  | <b>6%</b>        |
| Saturated Fat 1g   | <b>4%</b>        |
| <b>Cholesterol</b> 0mg   | <b>0%</b>        |
| <b>Sodium</b> 60mg   | <b>4%</b>        |
| <b>Total Carbohydrate</b> 19g  | <b>6%</b>        |
| Dietary Fiber 4g   | <b>15%</b>       |
| Sugars 0g  |                  |
| <b>Protein</b> 3g  |                  |
| Vitamin A 6%   | Vitamin C 100%   |
| Calcium 6%   | Iron 8%          |
| * Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                  |

## Cabbage & Potato Sauté

### OPTIONS

- Add grated carrots for color and flavor.
- Use your favorite fresh or dried herb in place of parsley like oregano, basil, thyme, or rosemary.

### EASY WAYS TO COOK POTATOES

- Poke holes in potatoes with a fork and microwave until tender (about 5-7 minutes)
- Chop potatoes, place in a pan with 1 inch of water, cover and cook until tender.

This material funded by USDA's Food Stamp Program; the Farmers Market Nutrition Program; and Washington State University. Washington State University is an equal opportunity provider and employer.

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