

## HATTIE'S STIR FRY SHREDDED CABBAGE, KALE, CARROTS & ONIONS | SERVES 6-8

### INGREDIENTS

- 1 Small Head of Cabbage
- 2 Cups Shredded Baby Kale (Optional)
- 1 Cup of Shredded Carrots
- 1 Medium Onion—Sliced
- 1/4 Cup of Olive Oil or Unflavored Coconut Oil
- 1 Teaspoon of Sea Salt
- 1 Teaspoon Crushed Red Peppers
- 1 Teaspoon of Organic Raw Sugar
- 1 Tablespoon of Maple Syrup

### PREPARATION:

1. Clean and shred cabbage, kale & carrots; Drain in colander
2. Slice onions

### INSTRUCTIONS:

1. In a large skillet, heat olive oil over medium-high, for 3 minutes.
2. Add onions and sauté for about 30 seconds and stir.
3. Add 1/2 of cabbage, cook for 2 minutes and turn over (Stir from the bottom with a spatula).
4. Add remaining 1/2 of cabbage, kale and carrots. Cook for 2 minutes and turn.
5. Stir in sea salt, crushed peppers, sugar and maple syrup.
6. Toss vegetables consistently, from the bottom, until is almost done.
7. Reduce heat to low, cover skillet and turn off heat. Allow to sit for 5 minutes before serving.

NOTE: COOK LESS IF YOU LIKE THE VEGETABLES A BIT CRUNCHY.

SERVE WITH SALMON AND BROWN RICE; SALMON CAKES; OR ANY OTHER ENTRÉE.

ALSO, GREAT AS A VEGETARIAN MEAL