

# Chicken and Cabbage Stir Fry

Scan for interactive recipe



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

**Serves:** 4

**Prep:** 10 minutes | **Cook:** 25 minutes

## INGREDIENTS

- 2-3 chicken breasts, cubed
- 2 tablespoons olive oil
- 1 medium onion, diced
- 1 medium cabbage, chopped
- 2 cloves garlic, minced
- 1 teaspoon paprika
- Salt & pepper to taste

## DIRECTIONS

1. Add 1 tablespoon olive oil and chicken to a skillet. Season with salt & pepper. Turn heat to medium-high and sauté for 7 minutes or until chicken is cooked.
2. Take chicken out of the pan. Set aside.
3. Add the other tablespoon of oil and onion to pan and sauté for 3 minutes.
4. Add cabbage to pan and cook for 10 -15 minute uncovered. Stir often.
5. Once cabbage is soft and onions are browned, stir in garlic and paprika.
6. Add chicken back in and stir everything together for a few minutes. Season with salt & pepper to taste. Serve.



### Nutrition Information

*Serving size: 1/4 of recipe*

<b>Calories</b>	<b>246</b>
<b>Total fat</b>	<b>9.8 g</b>
Saturated fat	1.1 g
<b>Cholesterol</b>	<b>64 mg</b>
<b>Sodium</b>	<b>93 mg</b>
<b>Carbohydrates</b>	<b>16.5 g</b>
Fiber	6.5 g
Sugars	8.5 g
<b>Protein</b>	<b>26.4 g</b>

Recipe source: Salt & Lavender