

CABBAGE AND EGGS



SERVING SIZE

1



INGREDIENTS

ITEM

Olive Oil
Garlic Clove, Minced
Cabbage, Finely shredded and lightly packed
Large Eggs, Lightly beaten
Salt and Pepper

QUANTITY

2 Tsp.
1
1 Cup
2
To Taste



PREPARATION

- In a non-stick skillet over medium heat, add olive oil and minced garlic. Sauté for 30 seconds until fragrant.
- Add the shredded cabbage to the skillet.
- Stir-fry for 2-3 minutes, until it softens slightly but retains texture.
- Push the cabbage to the side and pour in the beaten eggs.
- Let them sit for a few seconds, then scramble and mix with the cabbage.
- Add salt and pepper to taste.
- Cook for another minute until eggs are fully set. Serve warm.