



Sautéed Vegetables with Noodles

Portions: 8
Total Cost: \$3.85

INGREDIENTS

- 1 green cabbage, quartered, core removed, thinly sliced. Substitute cabbage with your favorite vegetable to cook.
- 1 onion, chopped
- 4 tablespoons oil
- 3 cloves garlic, minced
- 1 (16 ounce box) whole wheat pasta
- Oil, salt, and pepper, to taste



STEP 1: In a large pot, heat 2 tablespoons oil over medium heat. When the oil is hot, cook the onion until it begins to soften, about 5 minutes. Add garlic and cook 2 minutes. Be careful not to burn the garlic.



STEP 2: Add cabbage and turn up heat slightly, stirring to coat with oil. Cook cabbage until it begins to brown, adding a little water if it begins to stick to the pan. Cover and let cook, around 45 minutes.



STEP 3: Meanwhile, in another large pot, bring water to a boil. Cook pasta, following instructions on package.



STEP 4: Add drained pasta to the cabbage and combine with remaining oil, and salt and pepper to taste.

Meal Builder Mix in a can of rinsed and drained white beans or chickpeas for added protein.

Flavor Tip

Toss with peanut sauce instead of oil at the end of cooking. To make peanut sauce, stir together ½ cup peanut butter, 2 tablespoons soy sauce, 1 tablespoon vinegar, and 1/3 cup water until smooth. Add more water for a thinner sauce. Toss with the cabbage and noodles.

280 Calories | 50g Carbs | 10g Sugar | 6g Fiber | 7g Fat (1g Sat Fat) | 10g Protein | 100mg Sodium Per Serving

For more recipes and nutrition information, visit capitalareafoodbank.org/recipes



Sofrito de Vegetales con Fideos

Porciones: 8

Costo Total: \$3.85

INGREDIENTES

- 1 repollo verde, picado en cuatro trozos sin corazón y cortado en rebanadas finas. Se puede reemplazar con cualquier verdura que le gusta cocinar.
- 1 cebolla picada
- 4 cucharadas de aceite
- 3 dientes de ajo picados
- 1 paquete (16 onzas) de pasta integral (fusilli, farfalle, etc.)
- Aceite, sal y pimienta, al gusto



Paso 1: En una cacerola grande, calienta 2 cucharadas de aceite a fuego medio. Cuando el aceite esté caliente, sofríe la cebolla durante unos 5 minutos hasta que ablande. Agrega el ajo y cocina por 2 minutos. Ten cuidado de no quemar el ajo.



Paso 2: Agrega el repollo y sube un poco el fuego, revolviendo para impregnar bien el repollo con el aceite. Cocina el repollo hasta que dore, agregando un poco de agua si se pega a la cacerola. Tapa y deja que se cocine durante unos 45 minutos.



Paso 3: Mientras tanto, en otra cacerola grande, hierva agua y cocina la pasta siguiendo las instrucciones del empaque.



Paso 4: Cuela la pasta y agrégala al repollo, añade el resto del aceite, sal y pimienta al gusto.

Típ de Sabor

Toss with peanut sauce instead of oil at the end of cooking. To make peanut sauce, stir together ½ cup peanut butter, 2 tablespoons soy sauce, 1 tablespoon vinegar, and 1/3 cup water until smooth. Add more water for a thinner sauce. Toss with the cabbage and noodles.

Para un Plato Fuerte

Incorpora a la mezcla una lata de frijoles blancos o garbanzos, lavados y escurridos, para un extra

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