

SESAME ORANGE CABBAGE STIR FRY



INGREDIENTS:

- 1 Tablespoon oil
- 1 carrot, peeled and grated
- 1 green cabbage, finely chopped
- 2 packages microwave brown rice
- 1/3 cup Drew's Orange Sesame Ginger dressing
- 2 Tablespoons sesame seeds
- 1 teaspoon salt

INSTRUCTIONS:

1. Heat oil in a skillet on medium heat.
2. Add cabbage and carrots and sauté until soft and beginning to brown. Make sure to keep stirring to prevent burning.
3. While cabbage is cooking, microwave rice by following the package directions.
4. Turn down the heat to low and add the cooked rice to the cabbage. Pour dressing over sauté and cook for another minute.
5. Turn off heat and sprinkle sesame seeds on top.
6. Serve and enjoy!

Yield: 6-8 servings

Source: Nutrition Dept. Original

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The ingredients for this recipe can be purchased with CalFresh benefits. To learn more about or how to apply for CalFresh benefits, call Humboldt County DHHS Social Services at 1-877-410-8809 or visit benefitscal.com.

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