

Grape & Cabbage Stir Fry



Shiitake mushrooms, grapes, basil and cabbage make a delicious stir fry!

Ingredients:

1 cup onion, vertically sliced
1 TBS olive oil
4 cups Napa cabbage (or any cabbage),
cut into 1/2 inch slices
2 cups halved seedless grapes
4 dried shiitake mushrooms, rehydrated
and cut into 1/2 inch slices

2 TBS chopped fresh basil
(or 2 tsp dried basil)
Salt and Pepper to taste
1/4 cup water
1 tsp cornstarch

Directions:

Saute onion in oil until tender. Add cabbage, grapes, basil, salt and pepper to mushrooms and stir fry until cabbage is crisp-tender. Combine water and cornstarch. Mix well and add to grape/cabbage mixture. Stir-fry for about 1 minute or until sauce thickens. Serve.

Nutritional Information

Serves: 4

Calories: 130

Total Fat: 4g

Saturated Fat: 1g

% of Calories from Fat: 28%

Protein: 2g

Cholesterol: 0mg

Carbohydrates: 23g

Dietary Fiber: 3g

Sodium: 85mg