

RED CABBAGE AND CARROT SAUTÉ

INGREDIENTS:

- 1 tablespoon olive oil
- 3 cups red cabbage, shredded
- 1/2 cup carrots, shredded
- 2 teaspoons rice vinegar
- 2 tablespoons pine nuts
- 1 tablespoon honey

DIRECTIONS:

1. Heat oil in a pan until simmering. Add red cabbage to pan and toss in oil. Cover and sauté for 5 minutes, stirring occasionally.
2. Lower the heat and add shredded carrots, rice vinegar, honey, and pine nuts. Stir, then cover and saute for another 5 minutes.
3. Serve warm and enjoy!

Nutrition Facts	
Serving Size 3/4 cup (96g)	
Servings Per Container 4	
Amount Per Serving	
Calories 100	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 2g	
Vitamin A 60%	• Vitamin C 60%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

