



Shredded Beets and Red Cabbage Stir Fry

Ingredients:

2 Tbs. oil
6 cups shredded red cabbage
1 ½ cups peeled, shredded beets
½ onion thinly sliced
1 apple grated
1/3 cup cider vinegar
2 Tbs. brown sugar
¼ tsp. ground allspice
Salt and pepper to taste

Preparation:

- Heat oil in a large skillet or wok and stir fry cabbage, beets, and onion on high until cabbage begins to wilt. Add apple, vinegar, brown sugar, and allspice. Cook about one minute until apples are hot. Season with salt and pepper and serve hot.

Important Information:

- Per recipe: 192 mg phe
- Per ½ cup serving: 15 mg phe

