



Cabbage and Snow/Snap Pea Stir Fry

This recipe could be modified to use many of the vegetables in your share

- 2 cups cabbage, shredded, (green or napa cabbage will work)
- 2 stalks celery, chopped (optional)
- 1 cup snow or snap peas, trimmed
- 1 medium carrot, thinly sliced (substitute summer squash)
- 1 stalk green onion, chopped
- 1 yellow onion, chopped (or just use more green onion)
- 4 cloves of garlic, minced
- 2 tablespoons olive oil
- 1 teaspoon 21 seasoning salute or fresh herbs (a little dill?)
- 2 tablespoons tamari, or low sodium soy sauce
- 1 teaspoon sesame seeds
- 1/2 teaspoon sesame oil
- a handful of cilantro, chopped
- black pepper to taste (add a pinch of salt if you like)

Directions:

1. Heat a wok or a pan with oil, saute garlic and onion.
2. Add the carrot/summer squash and celery, stir,
3. Add sesame oil, tamari, and pepper, stir to mix well.
4. Add the snow or snap peas and cabbage,
5. Stir to mix well cook for 2-3 minutes or until tender.
6. Add a little salt if you like. Adjust the seasoning to your desired taste.

NOTE: This recipe calls for Trader Joe's 21 seasoning salute – which has 21 different herbs in it. My take.....add whatever fresh herbs you like totally about 2-3 tsp.