

Ethiopian Cabbage and Carrots

Makes 4 servings

This Ethiopian-inspired dish is a delicious way to serve cabbage. The seasonings are mild enough for kids to enjoy. Your child can help by garnishing the dish with the cilantro.

Ingredients

- 1 tablespoon olive or vegetable oil
- ½ red or white onion, cut into ¼ inch pieces
- 2 garlic cloves, finely chopped
- 1 inch piece of ginger, peeled and finely chopped
- 1 teaspoon cumin powder
- ½ teaspoon turmeric powder
- ½ teaspoon salt
- ¼ teaspoon red chile or cayenne (optional)
- 1 small green cabbage, core removed and finely chopped
- 2 medium carrots, cut into ¾ inch pieces
- ¼ cup cilantro, finely chopped or torn



Photo: Vegan Richa

Directions

1. Heat oil in a large pan set over medium heat. Add the onion and cook until soft, about 5 minutes.
2. Add the garlic and ginger and cook until fragrant, about 1 minute. Add the cumin, turmeric, salt, and chile (if using) and cook until fragrant, about 1 minute.
3. Add the carrots and cabbage and mix well. Turn the heat down to medium-low and cover the pan. Cook until the cabbage and carrots are soft, about 15 to 20 minutes.
4. Remove the pan from heat and add the cilantro. Serve hot with brown rice or whole wheat tortillas or flat bread and low-fat yogurt.

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