

Ingredients

- 4 sun-dried tomatoes, rinsed and chopped
- 2 small heads cabbage, thinly sliced
- 1 Cup green onions, sliced
- 1 sweet onion (like Vidalia), thinly sliced
- 3 Tablespoons extra-virgin olive oil
- Salt and pepper (optional)

Directions

1. Set a large saute pan over medium-high heat, cook all vegetables in olive oil for 10 to 12 minutes, or until cooked through but not too brown.
2. Stir and toss frequently and turn down heat to medium (if needed) to avoid burning.
3. Add salt and pepper to taste before serving.

Recipe written by Dan Buettner

Nutrition Facts:

Sun Dried Tomatoes

- Rich in lycopene a powerful antioxidant
- An excellent source of Potassium, Vitamin A, Vitamin C, and Magnesium

Cabbage

- Rich in Vitamin C and Vitamin K
- Excellent source of fiber

Onions

- Rich in quercetin a powerful antioxidant
- Good source of Vitamin C, B6, Potassium, Manganese and Copper