



Crack Slaw

Ingredients:

- 1 lb. ground beef
- 1 tbsp & 1 tsp Olive Oil
- 1 tsp minced garlic
- 3 ½ cups shredded cabbage
- ½ cup chopped green onion
- Salt & pepper, to taste

Sauce:

- ½ packet Splenda
- ½ tsp fresh grated ginger
- 1 tsp white vinegar
- 2 tbsp soy sauce
- ½ tsp chili paste (or hot sauce)

Directions:

1. In large skillet, brown the beef on medium/medium-high heat. Season with Salt and Pepper to taste.
2. Meanwhile, combine all the ingredients for the sauce in a small bowl; stir well to combine.
3. Drain any fat from the ground beef. Remove from the pan and set aside.
4. In the same fry pan, heat the olive oil over medium-high heat, add the green onion and cabbage. Stir fry until cabbage is slightly wilted and tender.
5. Stir in the sauce and add the meat; stir to combine. Serve hot.

Servings: makes 2 servings.

Each serving = 8 oz. lean protein, 2 cups select vegetables.

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