**Edumame and Cabbage with Spicy Garlic Sauce**

**Produce**

garlic (if needed)

1 yellow onion

Napa cabbage

fresh cilantro (if needed)

1 large carrot

8 oz. fresh shelled edamame(buy frozen if no fresh available)

1 piece fresh ginger root

2 purple plums

**Canned/Dried Foods**

high-heat canola oil(if needed)

sesame oil (if needed)

low sodium soy sauce (if needed)

rice wine vinegar (if needed)

 Asian garlic pepper sauce(if needed)

cornstarch (if needed)

**Frozen Foods**

frozen edamame (if no fresh available)

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

Leftover cooked brown rice