

# Cabbage



## It's naturally good!

- ◆ Very low in calories and fat-free
- ◆ Excellent source of vitamins C & K
- ◆ 1/2 cup= 1 serving of veggies

## Storage Tips:

Do not slice until ready to eat.  
To keep fresh, store the whole head in a plastic bag in the refrigerator.  
Use within 1-2 weeks.

## Only using half?

Sprinkle the cut-side of the cabbage with a few drops of water.

Place in a plastic bag or wrap with plastic wrap.

Use within 5-7 days.

## Preparation Tips:

- ◆ Remove the thick outer leaves and discard.
- ◆ Cut cabbage head into half, then half again into quarters. Rinse under running water.
- ◆ Cut out the hard white core from each wedge.
- ◆ To shred, place the wedge flat side down. Cut across to create thin slices. For shorter pieces, cut again in the opposite direction.

## Ways to eat cabbage: Raw or cooked!



- ◆ **Shred it.** Shred cabbage and add to salads or coleslaws. Mix with other shredded/sliced vegetables such as carrots, onion and kale.
- ◆ **Steam it.** In a pot with a steamer tray, bring a few inches of water to a boil. Place shredded cabbage or wedges in the tray, then cover. Shredded cabbage will steam in ~4 minutes; wedges will steam in ~10 minutes. Season with salt & pepper.
- ◆ **Sautee it.** Heat oil in a pan over medium-high heat. Add cabbage and cook, stirring often, until it is wilted, about 5 minutes. For extra flavor, add minced garlic and chopped onion. Season with salt and pepper.
- ◆ **Stuff it.** Steamed or boiled cabbage leaves can be filled with cooked beans, meat and rice. See recipe on the back.
- ◆ **Add to soups, stews and stir-fries.**



See more recipes on the back 



**Make it a meal!**

# RECIPES

## Stir-fried Cabbage

**Ingredients:**

- |                                      |  |
|--------------------------------------|--|
| 1 tablespoon vegetable or canola oil | 1 small onion, sliced                              |
| 3 garlic cloves, minced              | 1 small head of cabbage, sliced into strips        |
| 2 tablespoons low-sodium soy sauce   | 1 tablespoon vinegar (such as rice or apple cider) |

**Directions:**

1. Heat oil in a large skillet over medium heat. Add sliced onions and cook until tender.
2. Add garlic and cook for an additional minute.
3. Stir in cabbage and cook until it is just starting to soften. Add soy sauce and vinegar. Serve while still hot.

## Classic Coleslaw

**Ingredients:**

- |                                    |   |
|------------------------------------|---|
| 4 cups chopped or shredded cabbage | 4 carrots, shredded or cut into matchsticks |
| ½ cup thinly sliced red onion      | 3 tablespoons vinegar (such as apple cider) |
| 3 Tablespoons oil                  | 1 Tablespoon honey or sugar                 |
| 1/4 teaspoon black pepper          | 1/2 teaspoon salt                           |

**Directions:**

1. Combine cabbage, carrots and onion into a large bowl.
2. In a small bowl, whisk together oil, vinegar, honey/sugar, salt and pepper.
3. Pour dressing over veggies. Toss to combine. For best results, use your hands to coat the veggies with the dressing (this will help soften them). Refrigerate until serving.

## Stuffed Cabbage Rolls

**Ingredients:**

- |                                  |  |
|----------------------------------|--|
| 12 large cabbage leaves          | 1 lb. lean turkey, beef or pork                        |
| 1 onion, chopped                 | 2 cloves garlic, minced (or 1 tsp garlic powder)       |
| 1 cup cooked brown or white rice | 2 eggs, lightly beaten                                 |
| 1 (15-oz.) can tomato sauce      | 2 teaspoons Italian seasoning (mix of basil & oregano) |
| 1/2 teaspoon salt                | 1/4 teaspoon pepper                                    |

**Directions:**

1. Preheat oven to 350° F. Bring a pot of water to a boil. Grease a 13x9 inch baking dish.
2. Place cabbage leaves in the boiling water and cook until softened, about 2-3 minutes. Drain and set aside.
3. In a medium skillet, brown meat, onion and garlic. Drain fat. Add rice and eggs to the meat.
4. In a bowl, combine tomato sauce, dried herbs, salt and pepper. Add ¾ cup of the tomato sauce to the meat mixture.
5. Place ¼ cup of the meat mixture in the cooked cabbage leaf; roll up, tucking in ends completely to cover mixture. Place seam side down in the baking dish. Pour remaining tomato sauce over rolls.
6. Bake for 30-40 minutes or until hot. Serve warm.

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