



Cabbage



Why eat cabbage:

- High in vitamins that fight disease and promote blood health.
- Good source of fiber which promotes healthy digestion and keeps you fuller longer.

How to store:

- Refrigerate and use within a week.

When to throw out:

- If mold is all over the cabbage. If only a few spots, cut them out and use the rest.
- If cabbage has a bad smell and/or is very soft or slimy.

Skillet Cabbage and Potatoes

Makes 4 servings—serving size 3/4 cup
Ready in 45 minutes

Ingredients:

- 2 cups cabbage, cut in thin strips
- 2 tablespoons butter or olive oil
- ½ cup onion, finely chopped
- 2 cups potato, mashed (boiled or microwaved)
- ½ teaspoon salt and pepper

Directions:

1. Boil cabbage until just tender, about 10-15 minutes. Drain.
2. Heat oil in large skillet over medium heat.
3. Add onion and gently fry 3 minutes.
4. Add cabbage, potatoes, and spices. Stir occasionally until mixed well and heated through.
5. Turn up heat slightly, press mixture into the pan and fry about 1 or 2 minutes until browned on the outside, then flip and repeat. Serve hot.

Chef's Notes:

*This recipe is a great way to use up leftover vegetables. Try to make sure potatoes only make up half of the mixture.

Quick Tips:

- Wash, remove the outer leaves, and cut out the tough core at the base before cooking.
- Cut into four quarters and chop thinly for salads.
- Boil or steam 1/2-inch strips for 15 minutes and add as a hearty addition to soups and stews.

Nutrition Facts	
Serving Size 1 cup, chopped 89g (89 g)	
Amount Per Serving	
Calories 22	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 16mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	9%
Sugars 3g	
Protein 1g	
Vitamin A 2%	Vitamin C 54%
Calcium 4%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

www.NutritionData.com

Cranberry Cabbage Slaw

Makes 10 servings—serving size 3/4 cup

Prep time: 15 minutes Cook time: none

Ingredients:

1 (1-pound) head cabbage	1 Tbsp sugar
3 medium carrots	1/4 teaspoon salt
1/3 cup apple cider vinegar	1 cup dried cranberries
1/4 cup canola oil	

Directions:

1. Rinse and thinly slice cabbage.
2. Rinse, peel, and grate carrots.
3. In a large bowl, use a fork to whisk together vinegar, oil, sugar, and salt.
4. Add cabbage, carrots, and cranberries to the bowl. Toss to mix well.

Chef's Notes:

*Add 1 cup chopped walnuts for extra crunch.

—Adapted from *Cooking Matters*

Cabbage and Pea Salad

Makes 6-8 servings—serving size 1 cup

Ready in 20 minutes

Ingredients:

1 medium cabbage, finely sliced	3-4 Tbsp extra virgin olive oil
1 cucumber, thinly sliced half circles	2 Tbsp apple cider vinegar
1 bunch green onion, chopped	2 Tbsp white vinegar
2 cups frozen sweet peas, thawed in cold water	
Salt and pepper to taste	

Directions:

1. In a large mixing bowl, add sliced cabbage, cucumbers, and green onions. Toss in sweet peas and stir lightly to combine.
2. Drizzle with oil and vinegars and stir to combine.
3. Sprinkle with salt and pepper and enjoy.

Produce Buying Guide:

- **Fresh** fruits and vegetables are most nutritious and cheapest when they are in season. Find them at a farmers market or in the front of the produce section at the grocery store.
- **Frozen** fruits and vegetables, without added sauces or syrups, are available year round, ready to use and easy to prepare. Find coupons or look in the store advertisement to get the best deal.
- **Canned** fruits and vegetables are best when canned in 100% juice or no-salt-added. Make sure to drain and rinse them to get rid of added sugar or sodium.

How much should I eat?

The recommendation is to eat 2 1/2 cups of vegetables and 2 cups of fruit per day. One cup of fruit or vegetables looks like a baseball and a half of a cup is the size of a light bulb.

Daily servings:

VEGETABLES 2 1/2 cups



FRUITS 2 cups

