



www.sdharvestofthemonth.org



Cabbage

Nutrition Facts

Serving Size 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.

NutritionData.com

Serving size: 1 cup chopped

Fun Facts about Cabbage

- ✓ Abundant and inexpensive, cabbage is one of the oldest vegetables and continues to be a dietary staple throughout the world.
- ✓ Sauerkraut is made from fermented cabbage and Dutch sailors ate it on long journeys to prevent scurvy.
- ✓ Cabbage is part of the mustard family with possible anti-cancer properties.

Reasons to Eat Cabbage

Ask your child if he/she remembers from school why we should eat cabbage.

- ✓ Excellent source of Vitamin C helps the body prevent colds and heal cuts.
- ✓ Rich source of Vitamin K helps cuts create a scab and begin the healing process.
- ✓ Good source of Vitamin A helps maintain good vision and keeps skin healthy.

Healthy Serving Ideas

- Serve shredded cabbage over your taco—a favorite!
- Slice red and green cabbage and carrots into a coleslaw.
- Add cooked cabbage to mashed potatoes for Thanksgiving!
- Boil cabbage and add vegetables and broth for a filling and healthy soup.
- Try sauerkraut on a bratwurst or in a stir-fry.
- During the month of March, enjoy corned beef and cabbage with the Irish!

Produce Tips

- ✓ Choose firm cabbage heads that feel heavy and have tightly-packed leaves.
- ✓ Store whole or chopped cabbage in a sealed bag in the refrigerator.
- ✓ Before use rinse cabbage thoroughly and remove tough outer leaves. Cut in half and remove core.



Cabbage Recipes



Quick & Colorful Cabbage Salad

- | | |
|-------------------------------------|---|
| 1 Green Cabbage (Napa variety best) | 2-3 Navel Oranges |
| 2 Medium sized carrots | 1/4 cup cranberries or raisins or chopped walnuts |

Wash cabbage, remove middle thick ribs and shred. Peel and cut the oranges into segments, juice ½ of an orange. Rinse and grate the carrots. Combine all of the above, except walnuts, in a salad bowl and marinate in the fridge for 10-15 minutes. Add walnuts just before serving.

Cabbage Soup

- | | |
|--------------------------------|--------------------------|
| 1 lb. cabbage, finely shredded | 4 celery ribs, sliced |
| 4 carrots, sliced | 1 onion, chopped |
| 2 vegetable bouillon cubes | 2 garlic cloves, chopped |
| 1 quart tomato juice | 4 C. water |

Combine all ingredients in slow cooker. Cover and cook on HIGH for 3-4 hours, or until vegetables are tender.

Easy Oven Roasted Cabbage Wedges

- | | |
|---------------------------|---------------------------------------|
| 1 Head of Cabbage, wedged | Olive oil, for drizzling |
| Salt and Pepper to taste | Lemon juice, for drizzling (optional) |

Preheat oven to 375 degrees. Slice your cabbage into wedges. Lay them on a baking sheet and drizzle with olive oil. Salt and pepper your wedges to taste. Bake for 20 to 30 minutes until tender and golden brown in spots (baking time will depend on the thickness of the wedges). Serve immediately. Drizzle lemon juice right before serving, if desired.

Cabbage Colcannon

- | | |
|----------------------|-----------------------|
| 4 C. mashed potatoes | 3 C. shredded cabbage |
|----------------------|-----------------------|

Cook mashed potatoes according to your favorite recipe (homemade or instant.) Steam the cabbage until tender (5-10 minutes) and drain. Stir cabbage into mashed potatoes and serve.

Sweet & Sour Cabbage

- | | |
|--|---------------------|
| 1 medium-sized onion, thinly sliced | 1 C vegetable stock |
| 2 T red wine vinegar | 2 T sugar |
| 1 small head red or green cabbage, shredded or thinly sliced | |
| 1 large Granny Smith apple, quartered, cored | |
| Salt and pepper to taste | |

Cook the onion in sauté pan with a small amount of water until translucent. Add cabbage and cook, stirring occasionally, until the cabbage begins to wilt, 3 to 5 minutes. Stir in vinegar and toss to coat the cabbage. Stir in the apple and sugar and stock. Cover and simmer over low heat until the apple is tender, 15 to 20 minutes. Uncover, season with salt and pepper to taste. Simmer over medium-low heat until most of the liquid is evaporated, about 10 to 15 minutes.

Search online for additional healthy recipes: stuffed cabbage rolls, cabbage bread, etc.