Cabbage

Key Points

- For the best buy, choose cabbage with firm heads and no brown spots.
- To prepare cabbage, remove outer leaves and rinse well.
- To keep fresh, refrigerate unwashed cabbage up to 1 week.
- Cabbage contains vitamin C, which is good for fighting colds and healing cuts.

Cabbage Apple Slaw

Ingredients:
4 cups finely chopped cabbage
2 apples, chopped
1 bell pepper, chopped
1 1/2 tablespoons low fat mayonnaise
1/2 cup low fat sour cream
1 tablespoon brown sugar
1 teaspoon lemon juice
Salt and pepper to taste

Directions:
1. In a large bowl, combine cabbage, apple and bell pepper.
2. In a small bowl, combine mayonnaise, sour cream, brown sugar and lemon juice.
3. Add mayonnaise mixture to large bowl (cabbage mixture). Mix well.
4. Season with salt and pepper.
5. Can be served immediately or covered and chilled before serving.
6. Refrigerate leftovers.

Makes 6 servings.

Stewed Cabbage

Ingredients:
2 teaspoons vegetable oil
1 onion, chopped
2 garlic cloves, minced
2 celery stalks, chopped
3 cups chopped cabbage
1 can (14.5 ounces) stewed tomatoes, with liquid
Salt and pepper to taste

Directions:
1. Heat oil in a large frying pan over medium heat.
2. Add onion, garlic and celery. Cook for 5 minutes or until soft.
3. Add cabbage and 2 tablespoons water, lower heat to low and cook for 15 minutes. Stir often.
4. Add tomatoes and cover pan. Cook for about 30 minutes or until cabbage is soft. Stir often.
5. Season with salt and pepper. Serve hot or cold.
6. Refrigerate leftovers.

Makes 4 servings.

Quick Tips

- Steamed or boiled cabbage leaves can be filled with cooked meat, beans and rice.
- Chop cabbage and add to a stir fry.
- Add chopped cabbage to soups and stews.
- Remember to rinse all fruits and vegetables before using.

Visit our website at www.jsyfruitveggies.org for more great recipes!
The Nutrition Facts Label—What does it tell us?

Recipe name: Cabbage Apple Slaw

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
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<tbody>
<tr>
<td>Serving Size: 1/6 of recipe (152g)</td>
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<tr>
<td>Servings Per Recipe: 6</td>
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<table>
<thead>
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<th>% Daily Value*</th>
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1. Start with Serving Size.

2. Check Calories.

3. Limit these:
- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:
- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

*Percent (%) Daily Values are based on a 2,000 calorie diet.

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH
### The Nutrition Facts Label—What does it tell us?

**Recipe name: Stewed Cabbage**

#### Nutrition Facts

**Serving Size:** 1/4 of recipe (221g)  
**Servings Per Recipe:** 4

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**Vitamin A** 8%  
**Calcium** 8%  
**Vitamin C** 50%  
**Iron** 10%

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1. **Start with Serving Size.**

2. **Check Calories.**

3. **Limit these:**
   - Total Fat
   - Saturated Fat
   - Trans Fat
   - Cholesterol
   - Sodium

4. **Get enough of these:**
   - Fiber
   - Vitamin A
   - Vitamin C
   - Calcium
   - Iron

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*Percent (%) Daily Values are based on a 2,000 calorie diet.

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**Percent (%) Daily Value:**

5% or less is LOW  
20% or more is HIGH