

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.

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The Nutrition Facts Label—What does it tell us?

Recipe name: Cabbage Apple Slaw

Nutrition Facts

Serving Size: 1/6 of recipe (152g)

Servings Per Recipe: 6

Amount/Serving

Calories 80 Calories from Fat 25

% Daily Value*

Total Fat 3g 4%

Saturated Fat 1.5g 12%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 55mg 2%

Total Carbohydrate 14g 5%

Dietary Fiber 3g 11%

Sugars 10g

Protein 2g

Vitamin A 6% Vitamin C 60%

Calcium 8% Iron 2%

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

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 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

Amount/Serving

Calories 80 Calories from Fat 20

% Daily Value*

Total Fat 2.5g 4%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 260mg 11%

Total Carbohydrate 14g 5%

Dietary Fiber 3g 13%

Sugars 8g

Protein 2g

Vitamin A 8% Vitamin C 50%

Calcium 8% Iron 10%

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

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