

Napa Cabbage

Key Points

- For the best buy, choose napa cabbage with firm heads and no brown spots.
- To prepare napa cabbage, rinse well and cut off the tough base.
- To keep fresh, refrigerate unwashed cabbage up to 1 week.
- Napa cabbage contains vitamin C, which is good for fighting colds and healing cuts.



Napa Cabbage Fried Rice Napa Cabbage Salad

Ingredients:

2 tablespoons vegetable oil
3 eggs, beaten
1 onion, sliced
2 garlic cloves, minced
1 carrot, shredded
1/2 head napa cabbage, shredded
4 cups cooked brown or white rice
1 tablespoon soy sauce

Directions:

1. In a large frying pan, heat 1 tablespoon oil over medium heat.
2. Pour eggs into pan and scramble for about 1 minute, or until eggs are cooked. Remove eggs from the pan and set aside.
3. Heat remaining 1 tablespoon oil in the same pan over medium heat.
4. Add onion, garlic and carrot. Cook for 1 minute, stirring often.
5. Add cabbage, rice, soy sauce and cooked eggs to the pan. Cook for 2 minutes or until the rice is hot, stirring often. Enjoy!
6. Refrigerate leftovers.

Makes 4 servings.

Ingredients:

1 tomato
4 cups shredded napa cabbage
1/2 cup chopped onion
2 garlic cloves, minced
1 tablespoon lemon juice
1 teaspoon honey or sugar
1/2 teaspoon mustard
2 tablespoons soy sauce
1 tablespoon vegetable oil

Directions:

1. Cut the tomato in half, squeeze out the seeds and chop the tomato.
2. In a large bowl, combine the chopped tomato, napa cabbage and onion.
3. Make the dressing: In a small bowl, combine the garlic, lemon juice, honey, mustard, soy sauce and oil.
4. Pour the dressing over the vegetables in the large bowl.
5. Gently toss the salad and serve. Enjoy!
6. Refrigerate leftovers.

Makes 4 servings.

Quick Tips

- Napa cabbage is also called Chinese cabbage. It can be substituted for regular cabbage in many dishes.
- Chop napa cabbage and add to a stir fry.
- Thinly slice napa cabbage and add it to salads or use in coleslaw.
- Remember to rinse all fruits and vegetables before using.

The Nutrition Facts Label—What does it tell us?

Recipe name: Fried Rice with Napa Cabbage

Nutrition Facts

Serving Size: 1/4 of recipe (344g)

Servings Per Recipe: 4

Amount/Serving

Calories 310 **Calories from Fat** 110

% Daily Value*

Total Fat 12g **19%**

Saturated Fat .2g **10%**

Trans Fat 0g

Cholesterol 160mg **53%**

Sodium 370mg **15%**

Total Carbohydrate 41g **14%**

Dietary Fiber 5g **18%**

Sugars 4g

Protein 11g

Vitamin A 150% Vitamin C 80%

Calcium 15% Iron 15%

*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

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The Nutrition Facts Label—What does it tell us?

Recipe name: Napa Cabbage Salad

Nutrition Facts

Serving Size: 1/4 of recipe (166g)

Servings Per Recipe: 4

Amount/Serving

Calories 70 **Calories from Fat** 30

% Daily Value*

Total Fat 4g **6%**

Saturated Fat .0g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 390mg **16%**

Total Carbohydrate 7g **2%**

Dietary Fiber 2g **7%**

Sugars 4g

Protein 2g

Vitamin A 100% **Vitamin C** 90%

Calcium 10% **Iron** 6%

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

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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

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