

# CABBAGE



**To Look for:** Should be well-formed, fairly even colored, and heavy for its size. Green and Red cabbage: leaves should be very compact and smooth. Savoy cabbage: leaves should be crinkled, less compact. Avoid discolored or wilted cabbage.



**At Home:** To keep cabbage fresh, refrigerate whole head as soon as possible. Store in plastic bag in refrigerator crisper for up to 6 weeks (best to use within 3 weeks). Rinse leaves with clean drinking water just before using.



**Your Health:** Cabbage is a nutrient-rich vegetable:

- Very Good Source of Vitamin C
- Good Source of beta-carotene
- Source of Fiber
- Also includes calcium, iron, potassium and folate



**Benefits:** Eating more vegetables, especially high fiber, Vitamin C and beta-carotene rich vegetables, reduces risk of cancer, heart disease and strokes.

- Vitamin C helps your body absorb iron and helps your immune system
- Fiber aids digestion and gives a feeling of fullness when eating
- Calcium prevents bone loss, iron prevents anemia, potassium keeps up muscle function, and folate prevents birth defects

## Nutrition Facts

Serving Size 1 cup shredded (70g)

Amount Per Serving

**Calories** 25      **Calories from Fat** 0

% Daily Value\*

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

**Cholesterol** 0mg      **0%**

**Sodium** 30mg      **1%**

**Total Carbohydrate** 5g      **1%**

Dietary Fiber 2g      **8%**

Sugars 3g

**Protein** 1g

Vitamin A 0%      -      Vitamin C 70%

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.

## Additional Nutrition Information

Potassium 140mg **3%**  
Folate **4%**



**Tips to Eat More Cabbage:** A serving of cabbage is 1 cup raw or ½ cup cooked.

- After rinsing, remove core and peel off leaves--dry on paper towels.
- Cabbage can add color (red) and nutrition to salads—substitute cabbage for half of the lettuce in salad recipes or make a salad using cabbage alone.
- Add cabbage to sandwiches or wraps instead of lettuce—or use cabbage leaves themselves as wraps for meat or other fillings.
- Cooked cabbage may have an unpleasant aroma—this is true only if you overcook it. If boiling cabbage, the aroma may be eliminated if a whole walnut is added to the pot.
- Steam cabbage with a vegetable steamer for 5-10 minutes; season with herbs (try thyme or parsley) and lemon juice.
- Microwave washed cabbage, covered, for 4-7 minutes.
- Season with garlic, onions or herbs and sauté gently in a little bit of oil.
- Drop cabbage into your soup recipe just before the end of cooking time.



**Quick Recipe Ideas:**

- For an easy coleslaw, combine (chopped) head of cabbage, small onion, carrot, and stalk of celery. Dress with low fat mayonnaise, cider vinegar, a little bit of sugar, and salt and pepper to taste.
- Try a wilted salad: cook reduced fat bacon with onion and garlic—add vinegar and then cabbage until the cabbage is just wilted. Toss and serve.
- **Cabbage Supreme:**

Fiber: 6 g. (23%), Protein: 13 g., Vitamin A: 20%,  
Vitamin C: 130%, Calcium: 25%, Iron: 15%.  
(www.recipesource.com).

- 1 large head of cabbage, cored and quartered
- 1 c. chicken or vegetable broth
- 1 c. crushed baked cheese crackers
- 1 c. reduced-fat cream of chicken soup
- 1 c. reduced-fat Sharp cheddar cheese, finely grated
- ¼ c. skim milk
- ¼ stick margarine



**For One or Two:**

To serve two follow same directions using: 1/3 head of cabbage, cored and quartered, 1/3 c. chicken or vegetable broth, 1/3 c. crushed baked cheese crackers, 1/3 c. reduced fat cream of chicken soup, 1/3 c. reduced-fat Sharp cheddar cheese, grated, 1 Tbsp. plus 1 tsp. skim milk, 2 tsp. stick margarine. Save the rest for a quick, reheatable meal or divide this recipe by 2 to serve just one.

Cook cabbage in broth on low until medium tender. Drain. Combine creamed chicken soup, cheese and milk and add cabbage. Place in greased 9x11 inch casserole. Melt butter and combine with crushed cheese crackers and place over top of casserole. Bake at 325° for 25-35 minutes.

Makes 6 servings.  
Per Serving: Calories: 300, Total Fat: 11 g. (16%), Saturated Fat: 4 g., Sodium: 740 mg. (31%), Dietary

**Modifications:** If desired add cooked, cubed meat like ham or chicken before cooking—about 3 c. if serving 6 and 1c. if serving two. Also, you can save the broth for later use.

**Storage and Freezing:** The cooked casserole will keep in the fridge for 2-3 days or will freeze, covered. Thaw before reheating to prevent drying out.

***Kid Friendly***

Try this recipe with your family or have your kids help you make it—it can be a good

way to introduce them to cabbage with favorites like cheese and meat.