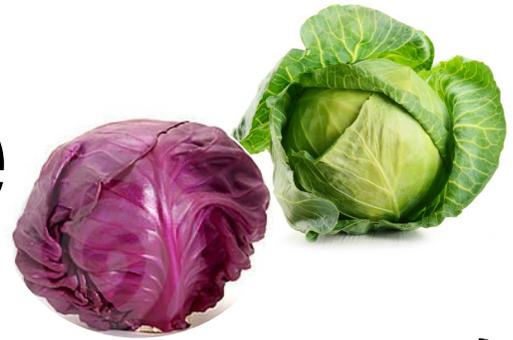


What's Fresh:

# Cabbage



## It's naturally good!

- ◆ Very low in calories and fat-free
- ◆ Excellent source of vitamins C & K
- ◆ 1/2 cup= 1 serving of veggies

## Storage Tips:

Do not slice until ready to eat.  
To keep fresh, store the whole head in a plastic bag in the refrigerator.  
Use within 1-2 weeks.

## Only using half?

Sprinkle the cut-side of the cabbage with a few drops of water.

Place in a plastic bag or wrap with plastic wrap.

Use within 5-7 days.

## Preparation Tips:

- ◆ Remove the thick outer leaves and discard.
- ◆ Cut cabbage head into half, then half again into quarters. Rinse under running water.
- ◆ Cut out the hard white core from each wedge.
- ◆ To shred, place the wedge flat side down. Cut across to create thin slices. For shorter pieces, cut again in the opposite direction.

## Ways to eat cabbage: Raw or cooked!



- ◆ **Shred it.** Shred cabbage and add to salads, coleslaws & tacos. Mix with other shredded/sliced vegetables such as carrots, onion and kale.
- ◆ **Steam it.** In a pot with a steamer tray, bring a few inches of water to a boil. Place shredded cabbage or wedges in the tray, then cover. Shredded cabbage will steam in ~4 minutes; wedges will steam in ~10 minutes. Season with salt & pepper.
- ◆ **Sautee it.** Heat oil in a pan over medium-high heat. Add cabbage and cook, stirring often, until it is wilted, about 5 minutes. For extra flavor, add minced garlic and chopped onion. Season with salt and pepper.
- ◆ **Stuff it.** Steamed or boiled cabbage leaves can be filled with cooked beans, meat and rice. See recipe on the back.
- ◆ **Add to soups, stews and stir-fries.**



See more recipes on the back 

