

Cabbage



Key Points

- ▶ High in vitamins C and K. Low in calories and sodium. Contains carotenoids that may be good for health.
- ▶ Children learn from you. Eat vegetables and your kids will too.
- ▶ Fruits and vegetables that will be eaten raw should be kept separate from other foods, such as raw meat, poultry, or seafood.

Cole Slaw With Honey Vinegar Dressing

Number of servings: 8

Ingredients:

- 1 head cabbage, shredded
- 1 small onion, finely chopped
- 1 carrot, grated
- 1 green pepper, finely chopped
- 2 tablespoons honey
- 1 tablespoon canola oil
- 1 ½ tablespoons vinegar
- ½ teaspoon ground black pepper

Directions:

1. In a large bowl, add cabbage, onion, carrot, and green pepper.
2. In a separate bowl, mix together honey, oil, vinegar, and pepper, stir well.
3. Pour honey mixture over vegetables and stir well.
4. Cover and refrigerate until chilled.

Per serving: 48 calories; 2 g fat (0 g saturated fat); 1 g protein; 8 g carbohydrate; 1 g dietary fiber; 0 mg cholesterol; 6 mg sodium.

Skillet Cabbage

Number of servings: 6

Ingredients:

- 1 ½ teaspoons canola oil
- 1 onion, chopped
- 3 stalks celery, chopped
- ½ green pepper, chopped
- ½ head cabbage, sliced thin
- ¼ teaspoon ground black pepper
- 1 medium tomato, chopped

Directions:

1. In a large nonstick skillet, heat oil over medium-high heat.
2. Add onion and celery to skillet, cook until translucent.
3. Add green pepper to skillet, and cook until hot.
4. Add cabbage to skillet. Cook for 5-10 minutes, stirring often so cabbage sweats.
5. Add tomato to skillet, stir until heated through and serve immediately.

Per serving: 29 calories; 1 g fat (0 g saturated fat); 1 g protein; 4 g carbohydrate; 1 g dietary fiber; 0 mg cholesterol; 21 mg sodium.

Quick Tips

- ▶ Choose round, firm heads with tightly packed leaves (some may still have their loose outer leaves).
- ▶ Add thinly sliced cabbage to give an extra crunch to salads, soups, wraps, or sandwiches.
- ▶ Add cabbage to a stir-fry to stretch more expensive ingredients.
- ▶ Refrigerate cabbage for up to seven days. Wash thoroughly under running water before eating, cutting, or cooking.

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