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.

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**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.