

WHAT'S FRESH

Cabbage

Cabbage is a great way to sneak in some extra veggies. It can be used in many different ways. It's low in calories, naturally fat free, and a great source of Vitamins C and K!

How to cut cabbage:

Remove outer loose dark layers of cabbage, then rinse under cold water and pat dry.



1. Quartered

Cut the cabbage in half through the stem, then cut in half again, making 4 quarters and giving a stable flat edge to each piece.



3. Wedges

Cut each quarter in half, long ways. This size is good for roasting or grilling.



5. Shredded

To shred the cabbage, follow steps 1-3. Keeping the tip of the knife on the board, make very thin and close together slices down the length of each piece.



2. Remove core

Carefully remove the inner core using a diagonal cut on each quarter.



4. Chop

Follow steps 1-3. Make 1-2 inch cuts down the length of each wedge.

Quick Tips:

- Store whole uncut cabbage in a plastic bag in the refrigerator.
- If only using half the cabbage, sprinkle the cut side with water and place in a plastic bag or wrap with plastic wrap and store in the fridge for 5-7 days.
- Use the whole cabbage within 1-2 weeks

Ways to cook cabbage:

Shred: Add to a salad, coleslaw, stir-fry or a topping for tacos.

Steam: Add several inches of water to a pot with a steamer basket [or use a metal colander that will fit inside the pot]. Bring to a boil then add shredded cabbage or wedges. Cover. Steam shredded cabbage for 4 minutes and wedges for 10 minutes.

Sauté: Oil a medium-high heat pan, when hot add cabbage and sauté for about 5 minutes until it is wilted. Consider adding onions and garlic for additional flavor.

Roast: Drizzle wedges with olive oil and roast in a 400°F oven for 15 minutes or until lightly browned, turning halfway through.

Grill: Brush quarters or wedges with a little bit of olive oil and place cut side down on a heated grill for 2-3 minutes or until lightly charred, flip over and grill another 2-3 minutes. Serve as you would for any other cabbage dish. Great way to add an additional layer of flavor.

Stuff: Steamed or boiled cabbage leaves can be filled with cooked beans, meat and rice. A good way to use the hearty dark outer leaves.

Cabbage Facts:

Cabbage is one of the oldest vegetables, dating back to the 1600's.

The nutrients & fiber in cabbage can help with stomach and intestinal health.

Cabbage is available in many varieties: red or purple, green and Napa cabbage, bok choy and Brussel Sprouts.



Parmesan Garlic Sautéed Cabbage

SERVES
4

Directions:

1. Heat oil in a large skillet over medium high heat.
2. Add onion. Cook for 1 minute. Add garlic, and cook for another 1-2 minutes.
3. Add cabbage and cook until wilted.
4. Remove from heat. Sprinkle parmesan on top and stir it in. Season to taste with salt and pepper.
5. Serve as a side dish or add an egg on top (cooked to your preference) for a nutritious breakfast.

Ingredients

Cabbage - 4 cups, shredded
Onion - 1 small
Olive Oil - 2 1/2 tablespoons
Garlic - 3 cloves
Parmesan Cheese - 1/2 cup
Salt and Pepper to taste.



Cabbage Roll Skillet Casserole

SERVES
6

Directions:

1. In a large skillet over medium heat, add onion. Cook for 1 minute. Add garlic, and cook for another 1-2 minutes.
2. Add ground turkey and cook until brown. Dump the cooked meat into a collander in a sink to drain the fat. Rinse with hot water if using a high fat meat.
3. Add tomatoes, tomato paste and cabbage. Cover and simmer until cabbage is soft, stirring occasionally.
4. Stir in cooked rice and heat through. Season with salt and pepper and Italian Seasoning if desired.

Ingredients

Cabbage - 1/2 head
[cut into 1 in. squares]
Onion - 1 small
Ground Turkey - 1 pound
Olive Oil - 1 teaspoon
Garlic - 2 cloves
Tomato Paste - 1 tablespoon
Crushed Tomatoes - 1 can
Brown Rice - 1 cup, cooked