Cabbage

Background:

Cruciferous plant related to Brussels sprouts, broccoli, cauliflower, and kale

Comes in different colors and shapes

Can be eaten raw, pickled, boiled, steamed, or sautéed

Nutritional Value:

Good source of:

*Vitamin K*—helps regulate blood clotting and assists in bone metabolism

*Vitamin C*—essential for tissue growth and repair and may help prevent or delay cancer and heart disease

*Fiber*—increases satiety, can lower cholesterol and blood sugar levels, and can prevent digestive problems
Cabbage

How to SHOP:

Look for cabbage with fresh, densely-packed, crisp leaves
Avoid cabbage with yellow or brown, loose, or flimsy leaves
Late fall and winter are the best seasons to purchase cabbage

How to GROW:

In early fall, plant seeds 12-24” apart in sandy loam soil in full sunlight
Do not plant cabbage next to vegetables of the same family because they will compete for the same nutrients.
Cabbage does well planted near cucumbers and beans
Harvest around 70 days after planting

How to STORE:

Store fresh cabbage in the refrigerator. Wrap a whole cabbage head tightly in plastic wrap, and store shredded or sliced cabbage in an airtight container for up to 7 days
To freeze, rinse cabbage heads and remove loose outer leaves. Then cut cabbage into wedges with the stem intact. Blanch for 90 seconds and pack into an airtight bag.
**Balsamic Honey Roasted Cabbage Steaks**

**INGREDIENTS:**

- 1 head savoy or green cabbage, cut into 1/2-inch thick rounds
- 3 Tbsp. olive oil
- 1 tsp. salt
- 1/2 tsp. ground white pepper
- 2 Tbsp. balsamic vinegar
- 2 tsp. honey
- 1 sprig fresh thyme

**DIRECTIONS:**

Preheat oven to 400°F and brush baking sheet with 1 Tbsp. olive oil.

Combine remaining oil, balsamic vinegar, and honey in a small mixing bowl.

Arrange cabbage slices in a single layer and brush with honey balsamic vinaigrette. Season with salt, pepper, and thyme.

Roast until cabbage slices are tender and edges are golden, about 25-30 minutes.

**HELPFUL TIPS:**

This dish pairs nicely with grilled beef or chicken.
Indian Cabbage Stir-Fry

INGREDIENTS:

1 head cabbage, shredded or finely chopped
2 Tbsp. olive oil
1 tsp. cumin seeds
1 inch ginger, grated
1 tsp. paprika

1 Tbsp. ground coriander
1/4 cup water
3/4 cup frozen or fresh green peas
Pinch of salt

DIRECTIONS:

Heat oil in a pan over medium heat, then add cumin seeds and ginger to hot oil. Sauté for a minute and add cabbage, paprika, coriander, and salt.

Mix well, and add water.

Cover pan and cook for 8-10 minutes until the cabbage is fork tender, stirring occasionally.

Add in the green peas and cook for another minute or two. Serve hot.

HELPFUL TIPS:

This stir-fry can be a delicious vegetarian side dish, or try adding tofu or chicken and serve with brown rice for a hearty main course.

Try adding other vegetables you have on hand, like carrots, broccoli, or green onions.
Tangy Coleslaw with Apple

**INGREDIENTS:**
- 1 red apple
- 16 ounces (about 6 cups) bagged coleslaw blend or shredded cabbage
- 1/2 cup nonfat plain Greek yogurt
- 1 Tbsp. cider vinegar
- 1 Tbsp. sugar
- 1 tsp. kosher salt
- 1/8 tsp. black pepper
- 1/4 tsp. celery seed

**DIRECTIONS:**
Grate apple and cabbage. Set cabbage aside in a large bowl.

In a separate small bowl, combine grated apple with remaining ingredients, whisking until smooth and thoroughly combined.

Pour the dressing mixture made in the previous dressing over the cabbage and stir to completely coat.

Cover and refrigerate until using, preferably at least 30 minutes.

**HELPFUL TIPS:**
Make this recipe ahead of time to allow the flavors to incorporate throughout the dish.
Purchase pre-shredded cabbage or coleslaw mix, or use a grater, food processor, or mandolin for easy cabbage shredding.