

CABBAGE | MADE EASY

SHORT TERM STORAGE



- Store cabbage head in refrigerator crisper and wrap tightly in plastic once used. Will keep ~3 weeks to 2 months.
- For long term storage, blanch (see back)

HEALTH BENEFITS



- Good source of vitamin K, C, B6, fiber, potassium, antioxidants
- Fat-free, cholesterol-free, sodium-low
- Promotes healthy heart and weight, wards off cancer, improves immunity and digestion, protects against radiation therapy

WAYS TO ENJOY

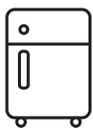


- Raw: Shred cabbage for slaw. Add to tacos, burgers, tuna salad.
- Roasted: Cut into rounds, oil, and bake at 400° on baking sheet for 15 min before flipping cabbage. Bake again another 15 min.
- Steamed: Cut 1/2 head into 4 wedges; remove core. Place in steamer cut side down for 6 min. Flip; then steam 6-8 min.
- Sautéed: Cook wedges over medium high heat in skillet; ~15 min.

Flip over for recipes

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BLANCH

verb
prepare (vegetables) for freezing or further cooking by immersing briefly in boiling water

STEP 1
Leave cabbage whole or cut down to desired consistency: wedges, shredded, or peeled.

STEP 2
Fill large pot with water and bring to boil. Add salt if desired.

STEP 3
Add cabbage to boiling water. Boil whole or wedges 3 min, shredded 1 min, leaves 30 seconds. Hold leaves with tongs.

STEP 4
Immediately scoop out cabbage and place in an ice water bath until completely cooled. Drain well and pat dry.

STEP 5
Pack cabbage in freezer bags, removing as much air as possible.
Will last up to one year.

EASYRECIPES

Garlic Roasted Cabbage Wedges 4 servings

Ingredients:

- 1 head cabbage, wedged
- 3 1/2 tablespoons olive oil
- 3 cloves garlic
- Salt and black pepper to taste

Directions:

Preheat oven to 400° and line baking sheet with foil. Mince garlic and mix with olive oil. Stir well. Strain out garlic pieces and save oil. Coat both sides of cabbage wedges with oil and season with salt and pepper. Roast 15 min. Rotate pan. Roast again 15 min.

Simple Cole Slaw 6 servings

Ingredients:

- 6 cups shredded cabbage
- 1 cup shredded carrot
- 1 cup mayonnaise
- 1/4 cup white wine vinegar
- 1/4 cup sugar
- 1 teaspoon celery seed (optional)
- Salt and pepper

Directions:

In a large bowl, combine carrots and cabbage. In a smaller bowl, make dressing by mixing the next four ingredients. Toss dressing into cabbage and refrigerate.

Unstuffed Cabbage Roll 6 servings

Ingredients:

- 1 large onion, chopped
- 2 lbs ground beef
- 1 cabbage head, chopped
- 2 (14.5 oz) cans diced tomatoes
- 1 (8 oz) can tomato sauce
- 1/2 cup water or any type of broth
- 2 teaspoons both salt and pepper

Directions:

Brown beef and cook onion in large skillet over medium high heat, 6 min. Drain; discard grease. Add next 5 ingredients; bring to boil. Cover, reduce to simmer, ~30 min.

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