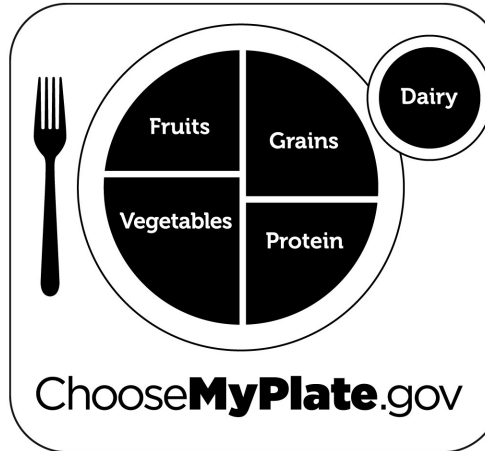


## Cabbage Facts

- There are over 400 different types of cabbage.
- Cabbage is a great source of vitamin C and has powerful cancer-fighting nutrients. However, once cabbage is cut its vitamin C content starts to decline.
- A medium head of cabbage makes about 8 cups of shredded raw cabbage or about 4 cups of cooked cabbage.
- The strong smell associated with cooked cabbage is really just the result of overcooking it. Cook cabbage, uncovered, just until tender.

## Storage & Preparation

- Store cabbage in a plastic bag up to 1 week in the refrigerator. Do not wash until ready to use.
- To freeze: Chop cabbage into thick shreds and cook in boiling water for 2 minutes. Cool immediately in ice water. Drain. Store in an airtight container 12-18 months for best quality.
- Red cabbage can be used interchangeably in most recipes. Note: The color will spread into other ingredients.



**Take action towards better health by making changes in these three areas. Choose steps that work for you and start today!**

### Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

### Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

### Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals and choose the foods with lower numbers.
- Drink water instead of sugary drinks.



## Cabbage



*Cabbage is a leafy vegetable low in calories and rich in Vitamin C, fiber and folate.*

## **Quick & Easy Microwave Cabbage**

Serves 4

### **Ingredients**

1/2 head of cabbage, cut into slices  
2 tablespoons oil or butter  
Salt and pepper to taste

### **Directions**

1. Put sliced cabbage in a small microwave-safe casserole dish.
2. Add 1/4-inch of water.
3. Cover and microwave on high for 8-10 minutes. If your microwave doesn't have a turntable, turn dish 1/4 turn half-way through cooking.
4. Drain water from dish, add oil and season.

*Recipe adapted from [cookingfortwo.about.com](http://cookingfortwo.about.com)*

*Tasty with sour cream or  
plain Greek yogurt*

## **Simple Cabbage Casserole**

*Freezes well*

### **Ingredients**

1 pound ground beef  
1 teaspoon olive oil  
1 onion, chopped  
2 cups mushrooms, chopped (optional)  
1 teaspoon salt  
1/8 teaspoon pepper  
1/2 cup rice  
1 (10-oz.) can tomato soup  
1 soup can of water  
3 cups coarsely chopped cabbage

### **Directions**

1. In a large frying pan, cook ground beef in oil for 1-2 minutes
2. Add onion, salt, pepper, mushrooms and rice.
3. Mix well and cook for 2-3 minutes. Add soup and water stir well.
4. Layer cabbage on the bottom of a greased baking dish.
5. Pour meat mixture over raw cabbage and bake covered at 325°F for 1 1/2 hours.

*Recipe adapted from [zestycook.com](http://zestycook.com)*

## **NO COOKING REQUIRED**

### **Sweet and Spicy Cabbage Salad**

Serves 4

### **Ingredients**

3 cups shredded cabbage  
2 oranges, peeled and sectioned or 1 (15-oz) can of drained mandarin oranges  
1 tablespoon sesame oil or other oil  
1/2 teaspoon salt  
Pepper to taste

### **Directions**

1. Toss all the ingredients together in a large bowl. Let sit at room temperature for at least 5 minutes or in the refrigerator for up to 24 hours before serving.

*Recipe adapted from  
The Best Life Diet Cookbook by Bob Greene*

### **Another Tasty Idea**

Chop 1 medium cabbage head and mix with 1 1/2 cups of your favorite barbeque sauce. Refrigerate at least 2 hours or overnight. Use as a topping for burgers and sandwiches.