

Cabbage

Key Points

- For the best buy, choose cabbage with firm heads and no brown spots.
- To prepare cabbage, remove outer leaves and rinse well.
- To keep fresh, refrigerate unwashed cabbage up to 1 week.
- Cabbage contains vitamin C, which is good for fighting colds and healing cuts.



Cabbage and Dill Salad

Ingredients:

2 cups shredded cabbage
1 cup grated carrots
1 tablespoon vegetable oil
2 tablespoons apple cider vinegar
1 tablespoon minced dill (optional)
Salt and pepper to taste

Directions:

1. In a large bowl, add cabbage and carrots. Mix well.
2. In a small bowl, add oil, vinegar, dill, salt and pepper. Mix well.
3. Pour oil and vinegar dressing over cabbage mixture and toss.
4. Serve immediately or refrigerate for about 30 minutes before serving.
5. Refrigerate leftovers.

Makes 6 servings.

Adapted from sparkrecipes.com



Stewed Cabbage

Ingredients:

2 teaspoons vegetable oil
1 onion chopped
2 garlic cloves, minced
2 celery stalks, chopped
3 cups chopped cabbage
2 cups chopped tomatoes
Salt and pepper to taste

Directions:

1. Heat oil in a large frying pan over medium heat.
2. Add onion, garlic and celery. Cook for 5 minutes or until soft.
3. Add cabbage and tomatoes, and cook uncovered for 3 minutes then cover pan and cook for about 20 minutes until cabbage is soft. Stir often.
4. Season with salt and pepper. Serve hot or cold.
5. Refrigerate leftovers.

Makes 4 servings.

Quick Tips

- Steamed or boiled cabbage leaves can be filled with cooked meat, beans and rice.
- Chop cabbage and add to a stir fry.
- Add chopped cabbage to soups and stews.
- Remember to rinse all fruits and vegetables before using.

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