



Cabbage

What is it?

Cabbage comes in many colors and shapes. Two types you will want to make friends with are the familiar green and red cabbages. They keep for a long time. Did you know that the humble cabbage is a low calorie food? It is very filling AND especially high in vitamins K & C. Cabbage is an extremely versatile veggie that you will want to incorporate into your diet .



Storage Tips

Cabbage has an amazing storage capacity. Just place dry, unwashed cabbage in the refrigerator, preferably in the vegetable bin. The outer leaves may eventually get floppy or yellowish, but they can be removed and discarded to reveal fresh inner leaves. Cabbage can keep for several weeks. Before use, rinse the cabbage under cold water. Cut cabbage head first into quarters, then diagonally across the wedge. Be sure to remove the stem end and triangular core near the base. If you need to store cabbage once cut, wrap it in a sealed plastic bag and continue to refrigerate; it will keep for several days.



Usage Tips

Green cabbage is great fixed any way: raw, in salads, cooked, steamed, roasted, or fried. Red cabbage has a sharper flavor and coarser texture so it needs to be cooked longer. Make raw cabbage into coleslaw or sauerkraut. Eat raw grated cabbage in your salad. Cooking celery with cabbage helps cut the strong cooking odor of cabbage. The red color will run into other ingredients when cooked.

A Vegetable E-booklet



RECIPES

Ground Beef and Cabbage Casserole

INGREDIENTS

- 1 to 1 1/2 pounds lean ground beef
- 1 medium onion, chopped
- 1 green bell pepper, chopped
- 1 teaspoon garlic powder
- 2 teaspoons cider vinegar
- 1 (14.5-oz) can diced tomatoes w/juice
- 1 teaspoon salt, plus more to taste
- Freshly ground black pepper, to taste
- 1 head cabbage, about 1.5 to 2 lbs
- 3/4 cup shredded mild cheddar cheese

Adapted from www.thespruceeats.com

INSTRUCTIONS

1. Preheat oven to 350 F. Grease a 2-quart casserole dish. In a large skillet over med heat, add ground beef, onion, and green pepper. Cook until meat thoroughly, drain off fat.
2. Stir in garlic powder, vinegar, & tomatoes with juice. Simmer, uncovered, 10 min, stir frequently.
3. Taste, add salt and black pepper as needed.
4. Meanwhile, cut cabbage into 6 wedges or coarsely chop, removing the tough inner core.
5. Put an inch of water & 1 teaspoon of salt in a sauce pan. Add cabbage to saucepan and bring to a boil.
6. Reduce the heat to med-low, cover pan, and cook for about 10 min or until tender. Drain.
7. Arrange cabbage in the 2-quart baking dish.
8. Pour ground beef and tomato mixture over cabbage, bake uncovered for 20 to 25 min.
9. Sprinkle cheese over casserole, bake about 5 min longer,

Red Cabbage Cole Slaw with Peanuts

INGREDIENTS

- 1 small red cabbage, cored & shredded
- 3 carrots, peeled and shredded
- 1 jalapeno, diced
- 1/2 c dry roasted peanuts, chopped
- Kosher salt
- Dressing: 1/4 cup peanut or olive oil
- 1/4 cup rice wine vinegar
- 2 tablespoons mayonnaise
- 2 tablespoons honey
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon sriracha or other hot sauce

INSTRUCTIONS

1. Combine shredded cabbage & carrots with jalapeno & peanuts in a bowl. Sprinkle with salt and toss.
2. Combine all dressing ingredients in a small bowl. Whisk until completely combined. It will take quite a bit of whisking to get the oil incorporated.
3. Keep slaw & dressing in separate containers and dress coleslaw as needed so that it doesn't get too soggy. Salt to taste.

Adapted from www.theleekandthecarrot.com