

Eat that cabbage!



Types	Choose it

Flavor	Spices/ingredients	Menu ideas
Southwestern	Chile powder, jalapenos, red or green peppers, lime	Southwestern coleslaw
Indian	Cumin, coriander, lemon juice, olive oil, black pepper	Indian-spiced coleslaw
Mexican	Cumin, lime juice	Tacos, fish tacos
Italian	Add salt, a pat of butter, parmesan cheese, cracked pepper to steamed cabbage	Simple cabbage side dish
European	Add to soups or stews with other ingredients such as potatoes, leeks, onions, carrots	Minestrone soup
Asian	Garlic, chiles (or garlic-chile paste), soy sauce, sesame seeds, sesame oil, ginger	Stir fry Oriental salad
Miscellaneous ways to season cabbage and add cabbage to meals	Good with apples, bacon, butter, garlic, lemon, lime, olive oil, parsley, sausages, spinach, and vinegar.	Add to salad instead of (or in addition to) lettuce or spinach

How will you serve cabbage to your family?

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Get a“head” of the game by using cabbage.

Use that cabbage!

- As a base for a salad added to or instead of lettuce.
- On a taco, especially a fish taco!
- In soups and stews.
- As a wrap. Fill it with rice, vegetable or meat mixture.
- Combine shredded cabbage with some olive oil, lemon juice, salt, pepper, and other spices for a healthy and tasty coleslaw.
- Cabbage goes well with potatoes, leeks, onions, carrots, apples, bacon, butter, garlic, lemon, lime, olive oil, parsley, sausages, spinach, and vinegar.

Other ideas:

Oriental Chicken Salad

2 chicken breasts (or 1 1/2 to 3 cups cubed, cooked chicken)
1/2 head of cabbage
Optional: mandarin oranges

Dressing:

2 tablespoons sugar
1/2 cup slivered almonds (optional)
3 tablespoons vinegar
1/2 cup oil
4 green onions, chopped
1/4 teaspoon pepper
1 package chicken ramen noodles
1 seasoning packet (from ramen noodles)

Cook and cube chicken. Chop cabbage and place in large salad bowl. Toast almonds until lightly browned (place almonds in an ungreased skillet. Stir over medium heat until browned). Add almonds, onion, and chicken to cabbage and toss. Break uncooked noodles in package and add to salad. Make dressing; pour over salad and toss lightly. Serve immediately. Yield: 8 servings.

Cabbage Patch Stew

1/2 lb. lean ground beef
1 large onion, chopped
1 cup celery, chopped
2 cups shredded cabbage
1 tablespoon Worcestershire sauce
2 teaspoons chili powder
2 cups water
1 tablespoon sugar
2 cups or 1 can kidney or pinto beans
1 (28-oz.) can tomatoes

Brown meat and drain; return to pan. Add onion, celery, and cabbage. Cook until vegetables are clear or wilted. Add remaining ingredients. Simmer uncovered 1/2 hour. Yield: 8 servings.

Banana and Cabbage Salad

2 cups shredded cabbage
1 large banana, chopped
1-2 tablespoons skim milk
1-2 tablespoons sugar
2 tablespoons low fat mayonnaise

In a large bowl, lightly mix cabbage and banana together. Combine sugar and mayo in a small bowl and thin with skim milk to make a sauce. Pour sauce over cabbage and banana and lightly stir to coat. Serve immediately. Yield: 4 servings.

