

Cabbage



Cabbage is a member of the Brassica family, which includes Brussels sprouts, cauliflower, kale, collards, and more. Some common varieties are green, purple, and savoy and napa.

Used in:

Salads, slaws, soups, stir fries, as a condiment or side dish

What does it taste like?

Raw cabbage is crunchy with a plain taste and cooked cabbage will take on a sweeter taste and softer texture.

How do I store, save, and freeze it?

Store cabbage in the crisper drawer of your refrigerator wrapped in plastic or in a closed container for up to 1 month. Place raw, chopped cabbage in a plastic container of water and store it for 2-3 days in the refrigerator.

To freeze: prepare, cut into strips, thin wedges, or separate the leaves. Blanch in boiling water for 90 seconds, cool in ice water, drain, pat dry, place in freezer bag removing excess air. Label, date, & freeze. Use within 8-12 months.

How do I prepare it?

1. Wash the cabbage to remove any dirt then remove the thick outer leaves.
2. Slice down the middle to cut the cabbage in half.
3. Cut the stem/core out of each half of the cabbage and discard.
4. Place cabbage halves flat side down and slice into ribbons.



How do I cook it?

Microwave: Prep cabbage and cut as desired. Place in microwave safe dish with 2 tablespoons of water. Cook 4-6 minutes stirring once.

Sauté on the stove top: Prep cabbage. Add 1-2 tablespoons of olive oil to a large frying pan on medium heat and sauté the cabbage until tender. Add salt to taste.

No cook slaw: Combine $\frac{1}{3}$ cup plain low-fat yogurt, 1 tsp. lemon juice or apple cider vinegar, 2 tsp. sugar, dash of salt. Mix dressing with sliced cabbage to coat. Cover and refrigerate for at least 30 min.

Seasoning ideas: thyme, honey, ginger, or lemon.

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This guide has been adapted from the University of Rhode Island SNAP-Ed Program.

Recipes using Cabbage from SNAP-Ed NY:



Spring Vegetable Soup



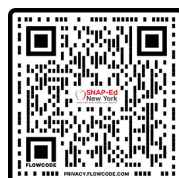
Cabbage Salad



Easy Pancit Noodles and Veggies



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To find more produce guides on our website.



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