

CABBAGE



HOW DOES IT TASTE?

Raw cabbage tastes plain with a rough crunchy texture. Cooked cabbage will take on a sweeter taste and softer texture.

HOW DO I PICK IT?

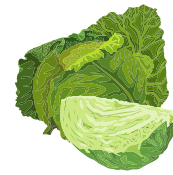
Choose a heavy and firm cabbage with crispy leaves. Cabbage is available all year round at the grocery store but can be found locally in their peak season between the months of mid June to February.

HOW DO I STORE IT?

Store cabbage in the crisper drawer of your refrigerator wrapped in plastic or in a closed container for up to 1 month.

HOW DO I PREPARE IT?

- Wash cabbage well under water to remove any dirt.
- Remove the thick fibrous outer leaves.
- Slice the cabbage down the middle so the cabbage is cut in half.



- Using a knife slice out the stem out of each half of the cabbage and discard.
- Place cabbage halves flat side down and slice into ribbons with a knife.

Use **raw** in salads and **slaws** for a crunchy and tasty **side dish** OR add to **tacos**. Cook it in **soup** OR **sauté** and enjoy with your favorite cooked vegetables...and so much more!

SAUTEED APPLES & CABBAGE

Ingredients

4 packed cups thinly sliced red or green cabbage (about 1 pound)
3 cups sliced apples
1 cup sliced red onion
½ cup apple cider
¼ cup apple cider vinegar
1 teaspoon caraway seeds (optional)
½ teaspoon salt
Black pepper, to taste

Directions

1. Place cabbage, apples, onion, and cider in a saucepan.
2. Cover and cook over medium heat until vegetables become slightly tender, about 8 minutes.
3. Add vinegar, caraway seeds (if using), salt, and pepper, cook 7 more minutes. Add more cider if necessary to keep vegetables from sticking.
4. Serve over rice or noodles, or as a side dish.

For recipes & information about preparing healthy foods, visit web.uri.edu/SnapEd or call us at 1-877-366-3874.



Community Nutrition Education RI



RISNPEd



URI Nutrition



URI_Nutrition_Ed

KITCHEN TIP!

Cabbage comes in green, red or purple varieties. Taste and experiment with each type to add color to your meal.