



### Fun Facts:

- February 17<sup>th</sup> is World Cabbage Day! Celebrate by trying a cabbage recipe. Try one of the recipes below at home!
- When cooking cabbage, cook only until tender but do not overcook. Cabbage develops a stronger flavor and odor when overcooked. Overcooking also destroys important vitamins like Vitamin C.
- Red cabbage is usually cooked with an acid to help it stay red.

### Sweet and Sour Cabbage:

**Makes:** 8 servings

**Ingredients**

1/2 head of cabbage (about 4 cups when chopped)



- 1/2 teaspoon salt
- 1/2 teaspoon celery seed
- 2 tablespoons sugar
- 3 tablespoons vinegar

**Directions**

1. Cut the cabbage in half and rinse it with water.
2. Chop the cabbage into very thin bit-sized slices.
3. In a large bowl, combine ingredients and mix well.
4. Cover the bowl.
5. Chill in the fridge for several hours before serving.



### Cabbage Role Casserole:

**Makes:** 8 Servings

**Ingredients**

- 1/2 pound ground beef (90% lean)
- 1 onion (chopped)
- 1 garlic clove (minced)
- 1 can diced tomatoes, low-sodium (16 ounces)
- 1 cup tomato sauce (or tomato juice)
- 1 1/2 cups water
- 1/4 cup minute rice
- 1 cabbage head (small to medium, chopped in bite-sized pieces)

**Directions**

1. Brown ground beef in a skillet with onion and garlic. Drain off any fat.

2. Place meat in a large pot and add water, tomatoes, tomato sauce (or juice), and cabbage. Cook until cabbage is almost tender.
3. Add minute rice and cook five minutes longer. Serve.

Cabbage Serving: 1 cup raw
Calories 16
Protein 1 gram
Fat 0
Carbohydrate 4 grams
Fiber 2 grams
Calcium 32 mg
Iron 0.4 mg
Sodium 12 mg
Vitamin A 88 IU
Vitamin C 36mg

**How to Cook Cabbage:**

Steam—Steam cabbage wedges 9 to 14 minutes; shredded cabbage 5 to 8 minutes in a small amount of water. Boil- cabbage wedges 8 to 12 minutes; shredded cabbage 3 to 7 minutes. Microwave—To microwave cabbage, Place cabbage in microwavable casserole; add 2 tbsp water. Microwave wedges or shredded on high 6 to 13 minutes. Let stand 3 minutes.