

Cabbage



Selection - Choose crisp, tightly packed heads that feel heavy. Cabbage can be green or red.

Storage - Store whole heads of cabbage in the refrigerator (stays fresh for up to 2 weeks).

Nutrition - Vitamin C in cabbage supports healing of cuts and wounds.

3 EASY WAYS TO USE CABBAGE

- To make a cabbage salad, cut cabbage head in half and then in half again. Remove hard inner core and thinly slice or shred. Add shredded carrots, vinegar (apple cider vinegar works well), lemon juice and pepper. To make a creamy dressing for your cabbage salad, add some plain Greek yogurt.
- To sauté cabbage, add about 1/2 cup of broth to a pan. Once bubbling, add thinly sliced cabbage, garlic and spices. Cook until soft.
- To roast cabbage, cut cabbage head in half and then in half again. Remove hard inner core and slice into wedges. Place on baking sheet, drizzle with olive oil, and sprinkle with spices, such as Italian spice mix. Roast until soft at 400 degrees for about 40-45 minutes.

Quick Pork Tacos with Cabbage Slaw

Makes 4 Servings

Ingredients

- ☐ 8 (6-inch) corn or flour tortillas (2 per person)

Pork:

- ☐ 1 pound pork shoulder, fat cut off, sliced thin
- ☐ 1 packet taco seasoning (keep 1 tablespoon for slaw)
- ☐ 1 orange, juiced (about ½ cup)
- ☐ 1/2 red onion, sliced thin
- ☐ 1 tablespoon cooking oil

- ☐ Pepper, to taste

Cabbage Slaw:

- ☐ 1/2 small red cabbage, shredded (about 3-4 cups)
- ☐ 1/2 red onion, sliced thin
- ☐ 1 tablespoon taco seasoning
- ☐ 1/4 cup chopped fresh cilantro
- ☐ 2 tablespoons oil
- ☐ 3/4 teaspoon salt
- ☐ 1/2 teaspoon sugar
- ☐ Juice of 2 limes (about 1/4 cup)

Directions

1. In a large bowl, mix pork pieces, taco seasoning (setting 1 tablespoon aside) and pepper. Let sit at room temperature for about 20 minutes.
2. Next, make the cabbage slaw. Whisk lime juice, salt, sugar, oil and 1 tablespoon taco seasoning. Add the cilantro, cabbage, red onion and stir. Store in the fridge until ready to serve.
3. After the pork is done sitting, heat oil in a pan over medium-high heat. Once the oil is hot, add the onion and cook about 2 minutes, then add the pork. Stir as pork cooks for about 2 to 3 minutes.
4. Turn off the heat, add orange juice and stir.
5. Serve on tortillas with toppings of choice.

