

# 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.

## Ingredients

- ☐ 1 tablespoon olive oil
- ☐ 1/2-pound potatoes, skin on, cut into 1/4-inch pieces
- ☐ 4 cloves garlic, chopped or 1/2 teaspoon garlic powder
- ☐ 1/2 large yellow onion, thinly sliced
- ☐ 6 cups broth
- ☐ 1 1/2 cups canned tomatoes, crushed or diced
- ☐ 1 1/2 cups white beans, canned, drained and rinsed
- ☐ 1/2 medium cabbage, cored and sliced into 1/4-inch ribbons
- ☐ 1/2 cup parmesan cheese

## Directions

1. Warm the olive oil in a large pot over medium-high heat. Stir in the potatoes. Cover and cook until a bit soft and starting to brown, about 5 minutes.
2. Stir in the garlic and onion and cook for 1-2 minutes.
3. Add the broth, canned tomatoes and beans, and bring the pot to a simmer.
4. Stir in the cabbage and cook for 2-3 more minutes, until the cabbage softens.
5. Add cheese and season with pepper to taste.

