

# Napa Cabbage



**Selection** - Choose cabbage heads that feel heavy and have bright white ribs with crisp leaves that have no brown spots or wilting.

**Storage** - Store in refrigerator (stays fresh for 1-2 weeks).

**Nutrition** - Vitamin K in napa cabbage supports bone health and prevents blood clotting.

## 3 EASY WAYS TO USE NAPA CABBAGE

- To make a salad, thinly slice or grate cabbage and carrots. Toss in vinegar and olive oil and serve cold.
- To stir fry, heat oil in a pan and add diced onions and garlic. Cook about 2 minutes. Add sliced cabbage, carrots and mushrooms. Cook for another 3-5 minutes. Add low sodium soy sauce to taste, mix well and serve.
- Add shredded napa cabbage to soup or mix in raw with your salad greens.

# Chinese Ramen Cabbage Salad

Makes 8 (1 cup) Servings

## Ingredients

- ☐ 5 cups shredded cabbage
- ☐ 2 cups chopped broccoli (or broccoli florets)
- ☐ 1 cup shredded carrot
- ☐ 1/2 cup chopped green onions
- ☐ 1 package chicken flavored ramen noodles crushed.  
Reserve seasoning packet for dressing.
- ☐ 3 tablespoons apple cider vinegar
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons oil

## Directions

1. In a large bowl, combine cabbage, broccoli, carrot, green onions and uncooked ramen noodles.
2. For the dressing, combine ramen seasoning packet, vinegar, sugar and oil in a small bowl. Stir well.
3. Pour dressing over salad. Toss to coat. Refrigerate until served.

