

# What to do with... Cabbage



- Stores for up to 7 days in a refrigerator
- Can be stored in a root cellar for several weeks
- Common varieties are white and red/purple
- Can eat raw, sautéed, roasted, or pickled
- Mild and slightly bitter taste

## Steps to prepare cabbage:

1. Choose round, firm heads with tightly packed leaves (some may still have their loose outer leaves)
2. Remove outermost leaves and rinse
3. Remove the thick stem by cutting the head in half, then slice out the stem
4. Cut cabbage into desired shape. Or use the leaves to wrap around food
5. Then:
  - Make coleslaw
  - Make a stirfry by sautéing with other vegetables like onions and peppers, or a protein
  - Roast large slices in the oven
  - Add to soups and stews
  - Shred and add to salads
  - Use as a substitute for lettuce wraps

## General nutrition information:

- High in vitamins C and K
- Low in calories and sodium





# Recipes Cabbage

## Nutrition information for 1 cup raw:

Vitamin A ~ 1% DV  
Vitamin C ~ 43% DV  
Magnesium ~ 2% DV  
Potassium ~ 3% DV  
Calcium ~ 2% DV  
Fiber ~ 7% DV

## Apple Coleslaw

### Ingredients:

- ½ head of cabbage, shredded
- 2 apples, chopped
- 2 carrots, shredded
- 1 bell peppers, chopped
- 6 ounces plain low-fat yogurt
- ¼ teaspoon dried dill weed
- ¼ teaspoon ground black pepper
- ¼ teaspoon salt

### Instructions:

- Add cabbage, apples, carrots, and bell pepper to a mixing bowl.
- In a separate mixing bowl, combine yogurt, dill weed, ground black pepper, and salt. Mix thoroughly to create dressing.
- Pour dressing mixture over cabbage and stir to mix until evenly coated.



## Nutrition Facts

6 servings per container	
Serving size 1 serving (205.19g)	
Amount per serving	
Calories	80
% Daily Value*	
<b>Total Fat</b>	0.5g 1%
Saturated Fat	0g 0%
Trans Fat	0g
<b>Cholesterol</b>	0mg 0%
<b>Sodium</b>	150mg 7%
<b>Total Carbohydrate</b>	18g 7%
Dietary Fiber	4g 14%
Total Sugars	12g
Includes g of Added Sugars	
<b>Protein</b>	3g
Vitamin D	0mcg 0%
Calcium	95mg 8%
Iron	1mg 4%
Potassium	361 mg 8%

\*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition.

(Recipe from <https://eatsmartmovemoreva.org/recipes/apple-coleslaw/>)

## Cabbage Soup

### Ingredients:

- ¾ tablespoon olive oil
- 1 onion, chopped
- ¼ teaspoon ground coriander
- ¼ teaspoon fennel salad
- ½ teaspoon ground cumin
- ½ medium head cabbage, sliced into ¼-inch strips
- 4 cups water
- 15 ounces canned low-sodium whole tomatoes
- 4 reduced sodium bouillon cubes
- ¼ teaspoon ground black pepper

### Instructions:

- Heat oil in a pot to medium heat. Add onion and spices. Cook until onion is soft, about 5 minutes.
- Add cabbage, water, tomatoes, bouillon cubes, and black pepper to the pot and stir. Return to a boil, then lower heat. Cover and let simmer for 20-25 minutes or until the cabbage is thoroughly cooked.



## Nutrition Facts

4 servings per container	
Serving size 1 serving (716.4g)	
Amount per serving	
Calories	130
% Daily Value*	
<b>Total Fat</b>	4.5g 6%
Saturated Fat	1g 5%
Trans Fat	0g
<b>Cholesterol</b>	0mg 0%
<b>Sodium</b>	150mg 7%
<b>Total Carbohydrate</b>	17g 6%
Dietary Fiber	5g 18%
Total Sugars	8g
Includes g of Added Sugars	
<b>Protein</b>	8g
Vitamin D	0mcg 0%
Calcium	108mg 8%
Iron	2mg 10%
Potassium	639mg 15%

\*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition.

(Recipe from: <https://eatsmartmovemoreva.org/recipes/cabbage-soup/>)



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