



General nutrition information:

High in vitamins C and K
Low in calories and sodium

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

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Apple Coleslaw

Ingredients:

- ¹/₂ head of cabbage, shredded
- 2 apples, chopped
- 2 carrots, shredded
- 1 bell peppers, chopped
- 6 ounces plain low-fat yogurt
- 1/4 teaspoon dried dill weed
- 1⁄4 teaspoon ground black pepper
- 1/4 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.

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

Cabbage Soup

Ingredients:

- $\frac{2}{3}$ tablespoon olive oil
- onion, chopped 1
- teaspoon ground coriander 1/4
- teaspoon fennel salad 1/4
- 1/8 teaspoon ground cumin
- 1/2 medium head cabbage, sliced into ¹/₄-inch strips
- cups water 4
- ounces canned low-sodium whole 15 tomatoes
- reduced sodium bouillon cubes 4
- teaspoon ground black pepper 1/

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.

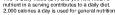
Nutrition information

for 1 cup raw: Vitamin A ~ 1% DV

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

Nutrition Facts

6 servings per container Serving size	1 serving (205.19g)
Amount per serving Calories	80
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 150mg	7%
Total Carbohydrate 18g	7%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes g of Added Sugars	
Protein ³ g	
Vitamin D 0mcg	0%
Calcium 95mg	8%
Iron 1mg	4%
Potassium 361 mg	8%
* The % Daily Value (DV) tells you he nutrient in a serving contributes to a	





Nutrition Facts

4 servings per container Serving size	1 serving (716.4g)
Amount per serving Calories	130
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 150mg	7%
Total Carbohydrate 17g	6%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes g of Added Sugars	3
Protein 8g	
Vitamin D 0mcg	0%
Calcium 108mg	8%
Iron 2mg	10%
Potassium 639mg	15%
* The % Daily Value (DV) tells you h nutrient in a serving contributes to 2,000 calories a day is used for ge	a daily diet.





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

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