

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*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 18g	7%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes g of Added Sugars	
Protein 3g	
Vitamin D 0mcg	0%
Calcium 95mg	8%
Iron 1mg	4%
Potassium 361mg	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*	
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 17g	6%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes g of Added Sugars	
Protein 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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