



From the Food Bank Kitchen

Cabbage

Many people may think of cabbage as a boring vegetable used in coleslaw in the summertime or alongside corned beef on St. Patrick's Day. Many people do not realize cabbage is actually a very versatile vegetable packed with nutrients. It is a source of fiber, very low in calories, fat-free, high in phytochemicals, and an excellent source of vitamins A and C. Phytochemicals may reduce the risk of cancer and cardiovascular disease. Vitamin C supports immune health and healthy skin, and vitamin A is essential for good vision and helps form and maintain healthy skin and teeth. For those on the drug Coumadin (generic warfarin sodium or Jantoven®), cabbage is fairly low in Vitamin K (73 mcg/cup) compared to over 500 mcg in dark leafy greens like cooked spinach, kale and collards.

Purchasing and Using Cabbage:

Purchasing: Look for a firm head of cabbage that is heavy for its size and is free of yellowing leaves, bruises, splits or spots.

Storing: Wrap tightly in plastic and store in the refrigerator for up to 14 days.

Preparation: Before using cabbage, discard the outermost leaves, any wilted leaves, and tough inner core, and then rinse the leaves you will be using. Slice thin and steam to use with sauces, or cut in larger chunks and steam to eat with vinegar. Consider one of these recipe ideas:

Shred raw green or Napa cabbage and serve with your favorite low calorie dressing. Also try as coleslaw or add chopped cabbage to a soup of white beans, tomato, and onions.

Sauté red cabbage with diced apples, onions, and raisins. Sauté green cabbage with olive oil, garlic, onion, and red pepper flakes.

Stuff leaves of green cabbage with lean ground turkey or turkey sausage and brown rice, then serve with a low sodium tomato sauce.

Find other cabbage recipes at: whfoods.com, eatingwell.com, health.com, and recipes.prevention.com

Cabbage, Carrots, and Onions with Sesame

Makes 8 servings

- 6 Tbsp sesame seeds
- ¾ tsp salt (to lower sodium, decrease to 1/2 tsp)
- 2 Tbsp canola oil
- 1 Tbsp toasted sesame oil
- 2 medium-sized onions, chopped
- 3 large carrots, thinly sliced
- 1 medium head green cabbage, coarsely chopped (6 - 8 cups)

Nutrition Facts: Calories 130, Fat 9 gm, Sodium 270 mg, Carbohydrate 13 gm, Fiber 5 gm, Protein 3 gm

Directions: Combine sesame seeds and salt in a blender, spice grinder or clean coffee grinder. Grind until they achieve consistency of coarse meal (This is called GOMASIO or sesame salt). Set aside.

Heat a large deep skillet. Add the canola oil and onions. Stir-fry over medium-high heat for several minutes. Add about a tablespoon of the gomasio. Keep stir-frying until onions are soft and translucent (5 - 8 minutes). Add the carrots, cabbage, and sesame oil. Sprinkle in half of the remaining gomasio. Keep stir-frying until everything is tender (another 10 minutes). Sprinkle in the remaining gomasio and serve.

Recipe adapted from Molly Katzen's [Still Life with Menu](#)

Stuffed Cabbage Rolls

Makes 12 servings

- 1 lb lean ground beef
- 2 c brown rice, cooked with one Tbsp butter or margarine
- 1 egg
- 1 (26 oz) can or jar spaghetti sauce
- 1½ Tbsp canola oil
- ½ large head cabbage, raw
- 1 Tbsp garlic powder
- 1 Tbsp onion powder
- ½ tsp salt
- ½ tsp black pepper
- ¼ c water

Nutrition Facts: *Calories 159, Fat 6 gm, Sodium 376 mg, Carbohydrates 17 gm, Fiber 2 gm, Protein 11 gm*

Directions: Prepare cabbage by peeling off 12 leaves, trying to keep each leaf intact. Put the leaves into a pot of boiling water until they start to soften, about 5 minutes. Use tongs to carefully remove the cabbage from the water; set cabbage aside. In a large bowl, mix ground beef, rice, ½ cup of spaghetti sauce, egg and seasonings together until well-mixed. Place one cabbage leaf on a plate; place 2 tablespoons of beef mixture into center of leaf. Roll up cabbage, burrito style. Place 2 toothpicks into each roll to keep cabbage from unrolling during cooking time. Repeat process until all cabbage leaves have been used. In large Dutch-oven pot, add oil and ½ cup of the spaghetti sauce. Place cabbage rolls into pot. Continue layering the rolls into the pot. Pour on the remaining spaghetti sauce. Add ¼ cup water. Cover pot with lid and simmer over a medium low flame until done, about one hour.

Recipe adapted from Sparkpeople.com

Cannellini and Cabbage Soup

Makes 6 servings

- 1 Tbsp olive oil
- 2 (14 oz) cans low sodium chicken or vegetable stock*
- 1 (14 oz) can diced tomatoes, no salt added
- 1 c water
- 2 Tbsp tomato paste
- 2 (15 oz) cans cannellini beans (or any other canned beans), well rinsed and drained
- 3 c thinly sliced cabbage
- 2 carrots, sliced
- 3 garlic cloves, minced
- 1 tsp dried thyme
- ¼ tsp black pepper

Nutrition Facts: *Calories 180, Fat 4 gm, Sodium 130 mg, Carbohydrates 29 gm, Fiber 8 gm, Protein 9 gm*

Directions: Heat olive oil over medium-high heat in a large pot. Add cabbage, carrots, garlic, thyme, and pepper. Cook 2-3 minutes. Stir in stock, tomatoes, water and tomato paste. Bring to a boil and then reduce heat. Simmer, covered for 8 minutes, or until vegetables are tender, stirring occasionally. Mash half the beans with a fork. Add all the beans to the pot. Heat through and serve. (Optional: throw in a handful of kale, spinach, Swiss chard or collard leaves for the last few minutes to add a boost of flavor, color and nutrition.)

Recipe adapted from: www.fitnessmagazine.com

Turkey Cabbage Casserole

Makes 6 servings

- 1 small onion, chopped
- 2 cloves garlic, chopped
- 1 tsp olive oil
- ½ head cabbage, cut into 1 inch squares
- 1 can (14 oz) no salt added crushed tomatoes
- 1 Tbsp tomato paste
- ¾ lb lean ground turkey
- 3 c cooked pasta or brown rice

Nutrition Facts: *Calories 260, Fat 7 gm, Sodium 90 mg, Carbohydrates 34 gm, Fiber 6 gm, Protein 15 gm*

Directions: In a skillet over medium high heat, sauté onion and garlic lightly in oil until onion is almost soft. Add turkey and brown, breaking up as needed. Drain fat. Add tomatoes, tomato paste, and cabbage. Cover and simmer until cabbage is soft, stirring occasionally. Stir in pasta and heat through. Season with black pepper as desired.

Recipe adapted from: www.fruitsandveggiesmorematters.org