

# Using and Storing Cabbage

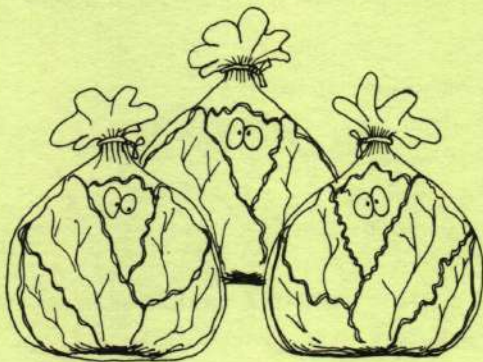
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*Cabbage is an inexpensive vegetable. Served raw or cooked, cabbage will fit into many meals. To get the most food value from your cabbage — store it right.*

## HOW TO STORE CABBAGE

1. Remove any outside "wrapper" fringed or wilted leaves. Cut out the core with a sharp knife.
2. Wash the cabbage well under cold running water. Drain thoroughly.
3. Put the cabbage in a plastic bag or wrap it in a plastic wrap.
4. Store it in the refrigerator, preferably in the vegetable crisper.



When properly stored, cabbage will remain fresh for several weeks. For long term storage, cabbage can also be frozen.



## HOW TO USE CABBAGE

Cabbage can be used in many ways. Why not:

- Add shredded cabbage to tossed salads.
- Combine cabbage with other vegetables and stir fry until crisp-tender.
- Add cabbage to soups or stews.
- Try your hand at homemade sauerkraut.
- Serve boiled cabbage seasoned with butter, lemon, and pepper.
- Or try one of the recipes on the other side.

## CABBAGE IS GOOD FOR YOU

Cabbage is a good source of vitamin C and fiber. Save your cabbage cooking water to add to soups and sauces for a vitamin boost. If you are on a special diet, remember cabbage is low in sodium and fat.



# Cabbage Recipes

## STUFFED CABBAGE ROLLS

*(this recipe makes enough for 6 people)*

- 12 large cabbage leaves
  - 1 pound ground beef
  - $\frac{1}{3}$  cup uncooked rice
  - 1 medium onion
  - $\frac{1}{2}$  cup milk
  - 1 egg
  - salt and pepper to taste
  - 1 cup water (or  $\frac{1}{2}$  cup water +  $\frac{1}{2}$  cup tomato juice)
1. Steam cabbage leaves over boiling water for 5 minutes. Drain.
  2. For filling, mix beef, rice, onion, milk, egg, salt, and pepper.
  3. Place about  $\frac{1}{3}$  cup of filling mixture at stem end of each cabbage leaf. Roll leaf around filling, tucking in sides.
  4. Place cabbage rolls seam side down in a baking dish.
  5. Pour water (or water-tomato juice mixture) over rolls.
  6. Cover and bake at 350°F. until beef is done, about 1 hour.

*Serve stuffed cabbage rolls for dinner with a green vegetable and salad.*

## COLE SLAW

*(this recipe makes enough for 4 people)*

- $\frac{1}{2}$  head cabbage, shredded
- 1 cup shredded carrot
- $\frac{1}{4}$  cup mayonnaise or salad dressing
- 2 tablespoons lemon juice or vinegar
- salt to taste

1. Combine all ingredients and mix thoroughly.
2. Chill in refrigerator before serving.

*Try serving cole slaw with chicken and biscuits.  
Eat an apple for dessert.*

## SWEET SOUR RED CABBAGE

*(this recipe makes enough for 4 people)*

- 1 pound red cabbage, finely chopped
  - 1 apple, peeled and chopped
  - 3 tablespoons brown sugar
  - 3 tablespoons vinegar
  - 2 teaspoons cornstarch
  - $\frac{1}{2}$  teaspoon caraway seeds (optional)
  - $\frac{1}{2}$  cup water
1. Place cabbage and apple pieces in a saucepan. Add boiling water to a depth of about  $\frac{1}{2}$  inch.
  2. Cook until cabbage is crisp tender. Drain.
  3. Combine brown sugar, cornstarch, and water. Bring to a boil and boil 1 minute.
  4. Add vinegar and caraway seeds. Stir.
  5. Add sauce to cooked cabbage and heat to serving temperature.

*Sweet sour red cabbage is good with chicken or beef. Serve with crusty bread and a salad.*

## RED CABBAGE WITH APPLES

*(this recipe makes enough for 6 people)*

- 2 tart apples, sliced
- 3 tablespoons margarine
- 1 medium head cabbage, coarsely shredded
- $\frac{1}{4}$  cup water
- $\frac{1}{4}$  cup vinegar
- 2 tablespoons sugar

1. In a large pan, cook and stir apples in margarine over medium heat for 5 minutes.
2. Stir in remaining ingredients.
3. Bring to a boil, then reduce heat to low.
4. Cover and simmer until cabbage is tender, about 40 minutes.

*Serve red cabbage with apples as a side dish for supper.*