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Using and Storing Cabbage  
Michigan State University Extension Service  
Penny Ross, Extension Food and Nutrition Specialist  
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# 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.**

## 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.

## Red Cabbage with Apples

- 2 tart apples, sliced
- 3 tablespoons margarine
- 1 medium head red cabbage, coarsely shredded
- 1/4 cup water
- 1/4 cup vinegar
- 2 tablespoons sugar

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

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

Serves 6.

## How to Store Cabbage

Remove any outside "wrapper" fringed or wilted leaves. Cut out the core with a sharp knife.

Wash the cabbage well under cold running water. Drain thoroughly.

Put the cabbage in a plastic bag or wrap it in a plastic wrap.

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.



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## Sweet-Sour Red Cabbage

1 pound red cabbage, finely chopped  
 1 apple, peeled and chopped  
 3 tablespoons brown sugar  
 3 tablespoons vinegar  
 2 teaspoons cornstarch  
 1/2 teaspoon caraway seeds (optional)  
 1/2 cup water

Place cabbage and apple pieces in a saucepan. Add boiling water to a depth of about 1/2 inch. Cook until cabbage is crisp-tender. Drain. Combine brown sugar, cornstarch, and water. Bring to a boil and boil 1 minute. Add vinegar and caraway seeds. Stir. 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.

Serves 4.

## Stuffed Cabbage Rolls

12 large cabbage leaves  
 1 pound ground beef  
 1/3 cup uncooked rice  
 1 medium onion  
 1/2 cup milk  
 1 egg  
 salt and pepper to taste  
 1 cup water (or 1/2 cup water + 1/2 cup tomato juice)

Steam cabbage leaves over boiling water for 5 minutes. Drain. For filling, mix beef, rice, onion, milk, egg, salt, and pepper. Place about 1/3 cup of filling mixture at stem end of each leaf. Roll leaf around filling, tucking in sides. Place cabbage rolls seam side down in a baking dish. Pour water (or water-tomato juice mixture) over rolls. 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.

Serves 6.

## Cole Slaw

1/2 head cabbage, shredded  
 1 cup shredded carrot  
 1/4 cup mayonnaise or salad dressing  
 2 tablespoons lemon juice or vinegar  
 salt to taste

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

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

Serves 4.

Prepared by Penny Ross, Extension Food and Nutrition Specialist, MSU.

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