

Cabbage



Add crunch to your salads!



¡Haga sus ensaladas crujientes!



Add color!

Add texture!

Add crunch!

Add fiber!



- Try farm fresh varieties! **Green** **Red** **Savoy (curly)** **Bok Choy**.
 - Add to fruit salads, slaws, stir-fries, soups and stews. Try juicing.
 - High in **vitamin C** for healthy skin and **fiber** for healthy bowels.
 - Low in calories - and high in vitamins and minerals
- Choose cabbage if you are diabetic, a heart patient, or dieting.

How do you wash cabbage?

Do not remove each leaf.
Do not soak entire heads.
Remove outer leaves if bruised.
Cut head into wedges.
Wash by holding wedges under cold running water.



Potato Cabbage Stew

Vegetables

- 1/2 head of cabbage
- 1 large carrot
- 1 medium onion chopped
- 1 large potato chopped

Flavorings

- 2 tablespoons olive oil
- 4 cloves of garlic minced small
- 1/2 teaspoon black pepper
- Experiment! Add cumin, curry or other spices to potatoes when cooking!

1. Heat skillet and add potatoes and water. Cover and allow potatoes to soften.
2. Once potatoes are tender, stir in garlic, onion and oil.
3. Add grated carrot and cabbage and cook 5-7 minutes.

