



Braised Cabbage

Yields 6 servings (1 cup)

Ingredients

- 1 medium green cabbage, shredded
- 2 yellow onions, sliced thin
- 2 garlic cloves, minced
- 1 tablespoon fresh ginger, minced
- 1 chili pepper, diced (or other hot pepper of your choice)
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon water

Instructions

1. Heat the pan on medium heat, and then add oil.
2. Immediately add onion, garlic, ginger, and chili pepper. Cook, stirring occasionally, until the onions start to brown.
3. Add the shredded cabbage and 1 tablespoon of water. Cook for 15 to 20 minutes until the cabbage is soft, stirring occasionally.

Nutrition Facts	
Servings Per Recipe	5 servings
Serving size	1 cup
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 13g	5%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 71mg	6%
Iron 1mg	6%
Potassium 319mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Label analysis based on ingredients listed.	

Helpful Information

- Other dark leafy greens can be used or mixed together. Try Kale, Mustard, Turnip or Collard greens.
- Braising is an easy cooking technique you can use for other vegetables.

Source: adapted from "A Taste of African Heritage and Health, An Oldways Program" part of CUCE-NYC FMNP Recipe Collection 2015

To find farmers' market recipes, please go to: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

To find recipe videos, please visit our YouTube channel at: **Farmers Market Recipes CCE NYC**

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

This material was funded in part by USDA's Expanded Food and Nutrition Education Program.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities. Diversity and Inclusion are a part of Cornell University's heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities.





Cornell University
Cooperative Extension
New York City



卤卷心菜

可供6人食用 (每人1杯)

食材

- 1颗中等大小的青椒菜，切碎
- 2个黄洋葱，切薄片
- 2瓣大蒜，切碎
- 1汤匙新鲜姜，切碎
- 1个辣椒，切丁 (或其他您喜欢的辣椒)
- 2汤匙特级初榨橄榄油
- 1汤匙水

烹饪步骤

1. 在中火加热平底锅，然后加入橄榄油。
2. 立即加入洋葱、大蒜、姜和辣椒。翻炒，偶尔搅拌，直到洋葱开始变黄。
3. 加入切碎的卷心菜和1汤匙水。翻炒15至20分钟，直到卷心菜变软，偶尔搅拌。

小窍门

- 可以使用其他深色绿叶蔬菜，或混合使用。建议尝试羽衣甘蓝、芥菜、大头菜或羽衣甘蓝。
- 卤煮是一种简单的烹饪技巧，您可以用于其他蔬菜。

来源：改编自"A Taste of African Heritage and Health, An Oldways Program", CUCE-NYC FMNP Recipe Collection 2015

要查找农民市场的食谱，请访问：<http://nyc.cce.cornell.edu/farmers-market-recipes/>

要查看食谱视频，请访问我们的YouTube频道：**Farmers Market Recipes CCE NYC**

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

This material was funded in part by USDA's Expanded Food and Nutrition Education Program.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities. Diversity and Inclusion are a part of Cornell University's heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities.

Nutrition Facts	
Servings Per Recipe	5 servings
Serving size	1 cup
Amount per serving	
Calories	100
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 13g	5%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 71mg	6%
Iron 1mg	6%
Potassium 319mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Label analysis based on ingredients listed.	

