

Cabbage and Potato Sauté

Yields 6 servings (½ cup each)

Ingredients

- 2 tablespoons olive oil
- 4 cloves of garlic, minced
- 1 medium onion, chopped
- 1 large potato, chopped small
- 1 ear of corn, kernels removed from cob
- 1 large carrot, grated
- ¼-½ head of cabbage, shredded (about 3.5 cups)
- 2 tablespoons fresh basil, minced
- ½ teaspoon black pepper
- ½ cup water

Instructions

1. Heat skillet over medium heat. Add potatoes and ¼ cup of water. Cover allow potatoes to soften. Cook 3-5 minutes. Pierce with fork to tell when potatoes are tender.
2. Once potatoes are tender, stir in garlic, onion, and oil. Cook until onions are soft, about 5 minutes.
3. Add corn and another ¼ cup of water. Cover and let cook 2 minutes.
4. Add grated carrot and cabbage. Allow to soften by covering and cooking for an additional 5-7 minutes.
5. Stir in basil and serve warm.

Helpful Information

- Be sure to slice the potatoes thin so that they will cook quickly and taste best.
- Try replacing half of the potato with parsnips or another root vegetable.
- If basil isn't available, switch it out for other fresh herbs, like parsley, sage, thyme, or cilantro.

Source: 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.

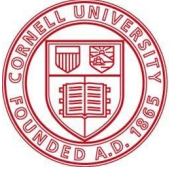
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Nutrition Facts	
Servings Per Recipe	6 servings
Serving size	½ cup
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 25g	9%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 63mg	4%
Iron 1mg	6%
Potassium 577mg	10%

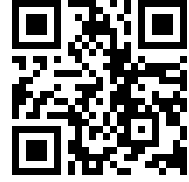
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Label analysis based on ingredients listed.





Cornell University
Cooperative Extension
New York City



卷心菜炒土豆

可供6人食用 (每份½杯)

食材

- 2 汤匙橄榄油
- 4 瓣大蒜, 切碎
- 1个中等大小的洋葱, 切碎
- 1个大土豆, 切小块
- 1个玉米棒, 玉米粒切下
- 1个大胡萝卜, 磨碎
- ¼ - ½颗卷心菜, 切丝 (约 3.5 杯)
- 2 汤匙新鲜罗勒, 切碎
- ½ 茶匙黑胡椒
- ½ 杯水

烹饪步骤

1. 中火加热平底锅。加入土豆和¼杯水。盖上锅盖, 让土豆变软。煮3-5分钟。用叉子刺入土豆, 看看是否变软, 软了表示土豆已熟。
2. 土豆变软后, 加入大蒜、洋葱和橄榄油。炒至洋葱变软, 约5分钟。
3. 加入玉米和另外¼杯水。盖上锅盖, 煮2分钟。
4. 加入磨碎的胡萝卜和卷心菜。盖上锅盖, 继续煮5-7分钟, 让蔬菜变软。
5. 加入罗勒, 趁热食用。

小窍门

- 确保将土豆切薄, 以便快速烹煮并味道更好。
- 尝试用一半土豆和一半过冬萝卜或其他根菜来替代。
- 如果没有罗勒, 可以用其他新鲜香草替代, 如香菜、鼠尾草、百里香或香菜。

来源: 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/>

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