

Fresh
FROM THE
FARM



CABBAGE



Selection & Preparation

Choose firm, heavy cabbages that are free of yellowing leaves, splits or soft spots.

The leaves should be compact and smooth for green and red cabbage, but Savoy cabbage leaves should be crinkly and less compact.

Cabbage should be kept in the refrigerator and used within 2 weeks.

Wash well and remove wilted leaves before using.

Green, red and Chinese cabbage are great chopped and added to salads or slaws.

All cabbages are easily steamed, stir-fried or boiled. Slices or wedges cook in about 6-12 minutes.

Chop or slice then add to soups and stews for flavor and bulk.



Information adapted from Washington WIC & Senior Farmers Market Nutrition Program. This brochure is produced for nutrition education and created by Cape Cod Cooperative Extension: Barnstable County, UMass Extension and USDA cooperating. Barnstable County and UMass Extension offer equal opportunity in programs and employment.



Cape Cod Cooperative Extension ° 3195 Main St ° Barnstable, MA 02630
www.capecodextension.org ° coopext@barnstablecounty.org ° 508-375-6690

Nutrition Facts

Serving Size $\frac{1}{2}$ cup cabbage, chopped

Amount Per Serving

Calories 10

% Daily Value*

Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	0 %
Cholesterol 0g	0 %
Sodium 10 mg	0 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 1 g	7 %
Sugars 1 g	
Protein 1 g	
Vitamin A 2%	Vitamin C 25%
Calcium 2%	Iron 2%
Folate 5%	Potassium 109 mg

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Key Nutrients

Vitamin C - for healthy gums, skin and blood.

Folate - to support a healthy heart and blood.

Potassium - to maintain normal blood pressure levels.

Phytonutrients - the phytonutrients found in cabbage and other members of the cruciferous vegetable family help to reduce the risk of cancer. Other crucifer vegetables include broccoli, cauliflower, kale, bok choy, and radishes.

Asian Slaw

DRESSING:

1/4 cup canola oil
1/4 cup rice vinegar
2 tablespoons sesame oil
1 1/2 tablespoons ginger, fresh, peeled and minced
2 teaspoons soy sauce, low-sodium

SALAD:

6 cups Nappa cabbage, thinly sliced
6 green onions, thinly sliced
6 ounces snow peas, stringed, thinly sliced lengthwise
1 large red bell pepper, thinly sliced
1/2 cup roasted peanuts (optional)



1. Wash and prepare vegetables.
2. Whisk all dressing ingredients in medium bowl.
3. Mix cabbage and remaining ingredients in large bowl.
4. Toss salad with enough dressing to coat salad.
5. Season with pepper.
6. Salad can be made up to 3 hours ahead. Cover; chill.

Serving size: about 1 cup; Calories: 340; Fruits and Vegetables: 5 servings; Fat: 30 g; Fiber: 4 g

Chicken and Vegetable Stir-Fry

1/2 cup carrots, sliced
3 green onions, sliced
1 cup cabbage, sliced
1 cup broccoli, cut into bite-size pieces
1 pound chicken meat, skin removed, cut into bite-size cubes (about 1/2 inch)
2 tablespoons soy sauce, low-sodium
1-2 tablespoons olive or vegetable oil
1 tablespoon cornstarch
1/8 teaspoon garlic powder (optional)
1/8 teaspoon ginger, ground
1 cup chicken broth, low-fat, low-sodium



1. Wash and prepare vegetables.
2. Cube chicken and marinate for 30 minutes in soy sauce in the refrigerator.
3. Heat oil in skillet. Cook chicken pieces, stirring constantly for 5 minutes until thoroughly cooked. Remove from pan using a slotted spoon.
4. Add carrots to skillet. Stir-fry for 3 minutes. Add green onions, cabbage, and broccoli. Cook until vegetables are tender-crisp, about another 2 minutes. Remove from skillet.
5. Mix cornstarch, garlic powder and ginger into chicken broth. Pour into skillet.
6. Stir until thickened and bubbly.
7. Return chicken and vegetables to skillet. Cook until heated through, about 1 minute. Serve hot.

Serving size: 1 cup; Calories: 220; Fruits and Vegetables: 1 serving; Fat: 9 g; Fiber: 2 g