



- Cabbage are usually green or red (some call it purple) colored
- Cabbage is a great substitute for lettuce in salads

### Health Benefits

- Fiber helps reduce our risk of heart disease
- Vitamin C helps cuts and wounds heal
- Vitamin K contributes to healthy bones

### Storage

- Refrigerate up to 2 weeks uncut. Eat cut cabbage within 3-4 days.

### Selection

- Choose firm, heavy heads. Remove the outer wilted layers.

### Serving Ideas

- Add color and crunch to recipes with purple cabbage
- Use cabbage in chicken or tuna salads
- Cabbage adds nutrients to soups
- Casseroles are heartier with cabbage
- Cabbage holds up well in crock pot recipes
- Add cabbage to your favorite sauté
- Use cabbage leaves instead of tortillas or bread for your taco or sandwich

### Sautéed Cabbage

Serving Size: 1/2 cup  
Makes 6 servings

#### Ingredients

3 cups cabbage, shredded  
2 tablespoons of butter or oil  
Salt and pepper to taste

#### Directions

Melt butter or heat oil in a large sauté pan. Add the cabbage and salt and pepper. Stir occasionally until cabbage is tender and beginning to brown.



### Chicken Cabbage Salad

Serving Size: 1/2 cup  
Makes 6 servings

#### Ingredients

4 cups cabbage, shredded  
1 pound carrots, thinly sliced  
2 cups chicken, cooked shredded  
1 cup low fat mayo or salad dressing  
2 apples or pears, chopped  
Salt and pepper to taste

#### Directions

Mix all ingredients in a large bowl.