

HOW TO USE CABBAGE

How to Store

Store cabbage in a cold, moist place, like the vegetable drawer of the refrigerator. If in good condition and stored properly, cabbage can easily be stored for weeks or sometimes months, depending on the variety.

To freeze, thoroughly rinse cabbage and cut into medium or coarse shreds, thin wedges, or separate into leaves. Blanch in boiling water for about 2 minutes, cool in ice water, drain, package, and freeze.

How to Clean

Discard damaged, bruised, or tough outer leaves. Rinse heads of cabbage well under cool, running water and drain. To clean inner leaves, you may need to first cut the cabbage in wedges; then rinse under cool, running water.

Five Tips for How to Use

- Sautéed – Sauté sliced cabbage in olive oil, salt, pepper, chili flakes, garlic, and fresh herbs. Add a splash of vinegar or fresh lemon to brighten the flavor.
- Soup – Try adding cabbage to a variety of soups. It goes well in a hearty vegetable and barley soup.
- Slaw – Get creative with different types of slaw. Try shredded cabbage with scallions, ginger, cilantro, chili flakes, vinegar, and sesame oil.
- Stir-fry – Cabbage adds sweetness and crunch to stir-fries. Serve over brown rice or another grain.
- Rolls – Stuff cabbage leaves with ingredients like brown rice, ground meat, spices, and tomatoes. Cover in tomato sauce and cheese, if desired; bake.



**Turn over for
recipe**



Cooling Cabbage and Apple Slaw

Serves: 8

Ingredients:

- 8 cups shredded cabbage
- 1 12-oz. bag of broccoli slaw
- ½ cup shredded carrots
- ½ cup sliced scallions
- 1 cup plain yogurt (Greek or regular)
- 1/2 cup mayonnaise
- 2 tablespoons vinegar
- 1 tablespoons lemon juice
- 1-3 cloves diced garlic, to taste
- 1 tart apple (like a green apple)
- Salt and pepper, to taste

Instructions:

1. In a large bowl, mix the cabbage, broccoli slaw, carrots, and scallions.
2. In a medium bowl, mix yogurt, mayonnaise, vinegar, lemon juice, and garlic well, seasoning with salt and pepper.
3. Cut apple into long, thin matchsticks. Add to the cabbage mixture and mix.
4. Add dressing and toss to coat. Serve immediately.

Tips:

- Instead of buying a bag of broccoli slaw, use your own broccoli stems. Rinse well and slice them into thin matchsticks.
- Enjoy as a side salad, with barbequed meat, or on sandwiches.
- Try switching out some of the mayonnaise for more yogurt.
- Wait to toss the cabbage in the dressing until before serving because adding it too early will make the slaw soggy.