

# Cabbage



☆ A Nutritional Superstar that protects your health ☆



## Time Saver

When making coleslaw, you can shred or chop cabbage up to 8 hours ahead of time if you keep it refrigerated in an air-tight plastic bag. Mix with dressing shortly before serving.



## Snack Attack

Tiny, cabbage-like Brussels sprouts are delicious when steamed until just barely tender and seasoned with salt and pepper. For a change, top with cheese, bacon, onions, or nuts.

## Buying/Storing

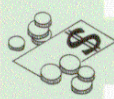
**Buy** cabbage with well trimmed heads that are heavy for their size.

**Refrigerate** red or green cabbage in an airtight plastic bag for up to 2 to 3 weeks. If wet, it will spoil rapidly.

## Food Safety

**Wash** cabbage leaves thoroughly in a pan of clean water.

**Refrigerate** leftovers promptly.



## Money Saver

- ☆ Purchase only the amount you will use within 2 to 3 weeks.
- ☆ Use shredded cabbage (red or green) to stretch tossed salads when greens are very high priced.
- ☆ Use bok choy or savoy cabbage in stir fry and pasta when they cost less than other vegetables.



## Kids' Corner

### Ants Nest Salad

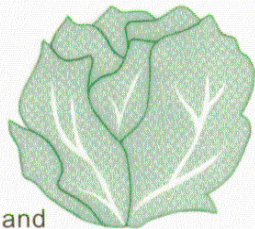
- 1/2 cup shredded cabbage or coleslaw (*the nest*)
  - 2 tablespoons diced carrots (*the treasure*)
  - 2 tablespoons raisins (*the ants*)
- Make a *nest* of cabbage. Tuck in the *ants* and *treasure* and eat for lunch or snack.

## Pacific Fish Tacos

- 1 1/4 pounds white fish
- Salt and pepper to taste
- 6 crispy corn tortillas

### Possible toppings

- 2 cups finely shredded green cabbage
- Tartar sauce
- Green salsa
- Diced tomato
- Chopped onion
- Grated cheddar cheese
- Chopped cilantro



- Season fish with salt and pepper; cut into 1 inch strips.
- Grill, broil or microwave the fish; remove bones.
- Heat tortillas and fill with fish and your choice of toppings.

## Stove Top Casserole

- 1 tablespoon vegetable oil
- 1 small onion, coarsely chopped
- 4 medium potatoes, peeled and sliced 1/4 inch thick
- 1 1/2 cups chicken stock
- 2 cups shredded green cabbage
- 1 cup shredded Swiss cheese
- 1/4 cup chopped nuts

- Heat oil in large skillet or Dutch oven. Add onions and stir over medium heat until golden. Add potatoes and chicken stock. Cover tightly, reduce heat to low and simmer until potatoes are almost tender.
- Add cabbage, cover and simmer for another 5 minutes. Remove cover, sprinkle with cheese and nuts. Let stand just until cheese is melted, about 2 minutes.

Serves 4 to 6.



### Sauté . . .

cabbage until just wilted and top with Parmesan cheese and toasted bread crumbs.



### Braise . . .

cabbage until it is slightly browned on the edges. Serve with ham slivers or bacon bits.



### Chop . . .

cabbage into cooked meat and serve over rice.



### Steam . . .

cabbage until tender and toss with cheese sauce and toasted nuts.



Oregon  
Department  
of Agriculture



AGRI-BUSINESS  
COUNCIL  
OF OREGON