



Cabbage

The Health Benefits of Cabbage

Cabbage comes in 4 varieties: Red, Green, Napa and Savoy. All are from the cruciferous or Brassica family which has especially healthy properties that protect against cancer, diabetes and heart disease.

One cup of raw or 1/2 cup cooked cabbage provides:

- 21 Calories, 1 gm protein, 5 grams fiber, 0 fat, no cholesterol

Nutrients in Cabbage

- Vitamins C, K, B6, folate and thiamin; Minerals calcium, iron, magnesium and potassium. Cabbage has more vit C than oranges
- Cabbage is high in sulforaphane, an enzyme known to fight cancer
- Cabbage used in making sauerkraut provides active bacteria that keep the digestive tract healthy
- Can be eaten raw, slightly steamed, roasted, baked, boiled or fermented. Use the leaves to wrap tacos, tuna salad or rice dishes

For more information, visit our website:
www.advancedhealth.com/healthy-bytes-initiative

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Cabbage Basics

\$hop and \$ave

- ✿ Choose cabbage heads with firmly packed leaves that are crisp. Avoid cabbage with outer leaves that are soft, yellow, or brown.
- ✿ A good cabbage should feel heavy for its size.
- ✿ A bag of shredded cabbage will save you time, but usually costs you more than an uncut head and might not keep as long.

How to Cut a Cabbage

1. Trim off the stem.
2. Remove any damaged leaves.
3. Rest cabbage on the stem, and cut from the top of the cabbage down through the stem. Then slice into shreds or wedges of the size needed.
4. Rinse in cool water and drain well.

Cabbage is an excellent source of vitamins C and K.



Common Types of Cabbage

1. **Green cabbage** is commonly available and usually costs the least. It has smooth green leaves on the outside and becomes creamy white toward the center. The flavor is peppery when raw but becomes more sweet when cooked.
2. **Red cabbage** has reddish-purple leaves. The color turns redder with acidic ingredients like vinegar or lemon juice. When cooked, it tends to lose some of the color into the cooking water.
3. **Napa cabbage** (Chinese cabbage) has long oval leaves that are yellow-green. The flavor is mild and sweet.
4. **Savoy cabbage** is like green cabbage with crinkled leaves. The leaves are tender and have a mild flavor. Heads will feel lighter and softer because of the crinkled leaves.

Store Well Waste Less



- Cabbage can be stored whole, chopped or shredded.
- Whole cabbage can be refrigerated for 3 weeks to 2 months.
- Whole or cut (halves or quarters) should be tightly wrapped in plastic. Keeping the core in will help hold the cabbage together.
- Chopped or shredded cabbage is best used within 2 weeks.
- When you're ready to use whole cabbage, discard any wilted or brown outer leaves. The inner cabbage should still be good to use. If the entire cabbage is limp with discolored leaves or a sulfur odor, throw it away.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

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Cooking with Cabbage

Dutch Red Cabbage with Apples

Ingredients:

- 1 tablespoon **vegetable oil**
- ½ medium **onion**, chopped (about ½ cup)
- ½ head **red cabbage**, thinly sliced (about 6 cups)
- ¼ cup **vinegar**
- ¼ cup **sugar**
- 1 teaspoon **salt**
- 2 **apples**, chopped

Directions:

1. Heat oil in a large saucepan or skillet over medium heat. Add onion and cook, stirring often, until clear about 3-5 minutes.
2. Add cabbage, vinegar, sugar and salt. Mix well and add apples.
3. Reduce heat to low. Continue cooking, stirring occasionally, until cabbage is soft, about 30 minutes. Serve warm or cold.
4. Refrigerate leftovers within 2 hours.

Sautéed Cabbage

Ingredients:

- 1 ½ tablespoons **margarine**
- ½ head **cabbage**, shredded (about 6 cups)
- 2 **carrots**, grated (about 1 ½ cups)
- ½ teaspoon **salt**
- ¼ teaspoon **pepper**

Directions:

1. In a large skillet heat margarine until foamy. Add cabbage and carrots.
2. Sauté over high heat until tender but crisp, about 4-6 minutes.
3. Add salt and pepper and serve warm.
4. Refrigerate leftovers within 2 hours.

Notes: Enjoy the sweet mild flavor of cooked cabbage or spice it up with your favorite seasoning!

Visit
FoodHero.org
for more
cabbage recipes

Tuna Cabbage Salad

Ingredients:

- 1 can (5 ounces) **tuna** in water, drained
- 2 cups **cabbage**, chopped
- 3-4 **green onions**, diced
- 1 tablespoon reduced fat **mayonnaise**
- 2 tablespoons nonfat plain **yogurt**
- Salt** and **pepper**

Directions:

1. In a medium bowl, shred tuna with a fork and mix with cabbage. Stir in green onions, mayonnaise and yogurt. Add salt and pepper to taste.
2. Chill until ready to serve.
3. Refrigerate leftovers within 2 hours.

Notes: Serve on lettuce leaves or make sandwiches with whole wheat or pocket (pita) bread.