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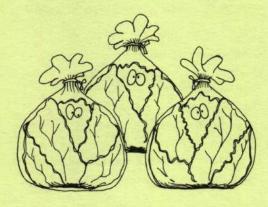
# **Using and Storing Cabbage**

March, 1983

Cabbage is an inexpensive vegetable. Served raw or cooked, cabbage will fit into many meals. To get the most food value from your cabbage — store it right.

#### HOW TO STORE CABBAGE

- Remove any outside "wrapper" fringed or wilted leaves. Cut out the core with a sharp knife.
- 2. Wash the cabbage well under cold running water. Drain thoroughly.
- Put the cabbage in a plastic bag or wrap it in a plastic wrap.
- 4. Store it in the refrigerator, preferably in the vegetable crisper.



When properly stored, cabbage will remain fresh for several weeks. For long term storage, cabbage can also be frozen.



# HOW TO USE CABBAGE

Cabbage can be used in many ways. Why not:

- Add shredded cabbage to tossed salads.
- Combine cabbage with other vegetables and stir fry until crisp-tender.
- Add cabbage to soups or stews.
- Try your hand at homemade sauerkraut.
- Serve boiled cabbage seasoned with butter, lemon, and pepper.
- Or try one of the recipes on the other side.

### CABBAGE IS GOOD FOR YOU

Cabbage is a good source of vitamin C and fiber. Save your cabbage cooking water to add to soups and sauces for a vitamin boost. If you are on a special diet, remember cabbage is low in sodium and fat.

# Cabbage Recipes

# STUFFED CABBAGE ROLLS

(this recipe makes enough for 6 people)

- 12 large cabbage leaves
- 1 pound ground beef
- % cup uncooked rice
- 1 medium onion
- ½ cup milk
- 1 egg
  - salt and pepper to taste
- 1 cup water (or ½ cup water + ½ cup tomato juice)
- Steam cabbage leaves over boiling water for 5 minutes. Drain.
- 2. For filling, mix beef, rice, onion, milk, egg, salt, and pepper.
- 3. Place about ½ cup of filling mixture at stem end of each cabbage leaf. Roll leaf around filling, tucking in sides.
- 4. Place cabbage rolls seam side down in a baking dish.
- Pour water (or water-tomato juice mixture) over rolls.
- 6. Cover and bake at 350°F. until beef is done, about 1 hour.

Serve stuffed cabbage rolls for dinner with a green vegetable and salad.

### COLE SLAW

(this recipe makes enough for 4 people)

- ½ head cabbage, shredded
- 1 cup shredded carrot
- ¼ cup mayonnaise or salad dressing
- 2 tablespoons lemon juice or vinegar salt to taste
- 1. Combine all ingredients and mix thoroughly.
- 2. Chill in refrigerator before serving.

Try serving cole slaw with chicken and biscuits. Eat an apple for dessert.

# SWEET SOUR RED CABBAGE

(this recipe makes enough for 4 people)

- 1 pound red cabbage, finely chopped
- 1 apple, peeled and chopped
- 3 tablespoons brown sugar
- 3 tablespoons vinegar
- 2 teaspoons cornstarch
- ½ teaspoon caraway seeds (optional)
- ½ cup water
- 1. Place cabbage and apple pieces in a saucepan. Add boiling water to a depth of about ½ inch.
- Cook until cabbage is crisp tender. Drain.
- 3. Combine brown sugar, cornstarch, and water. Bring to a boil and boil 1 minute.
- 4. Add vinegar and caraway seeds. Stir.
- 5. Add sauce to cooked cabbage and heat to serving temperature.

Sweet sour red cabbage is good with chicken or beef. Serve with crusty bread and a salad.

### RED CABBAGE WITH APPLES

(this recipe makes enough for 6 people)

- 2 tart apples, sliced
- 3 tablespoons margarine
- 1 medium head cabbage, coarsely shredded
- ¼ cup water
- ¼ cup vinegar
- 2 tablespoons sugar
- In a large pan, cook and stir apples in margarine over medium heat for 5 minutes.
- 2. Stir in remaining ingredients.
- 3. Bring to a boil, then reduce heat to low.
- 4. Cover and simmer until cabbage is tender, about 40 minutes.

Serve red cabbage with apples as a side dish for supper.