

Cabbage

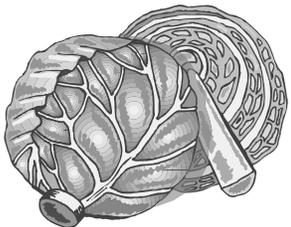
Types of cabbage: Head cabbages: Savoy or curly cabbage; Green Cabbage; Red Cabbage; Stalks and leaves: Napa cabbage and Bok Choy

Store: Store cabbage tightly wrapped in plastic and place in refrigerator crisper for up to a week. Discard any discolored or wilted outer leaves and tough stalks before cooking or eating.

Prepare: Do not wash cabbage until you are ready to use it. Avoid slicing or shredding cabbage in advance. This will cause it to lose some of its vitamin C content. If you must prepare it an hour or more in advance before cooking, place it in a plastic bag, seal tightly, and refrigerate.

Serve: Can be thinly sliced and eaten raw in salads or lightly cooked.

Overcooked cabbage may produce a strong odor or flavor.



Cabbage

Types of cabbage: Head cabbages: Savoy or curly cabbage; Green Cabbage; Red Cabbage; Stalks and leaves: Napa cabbage and Bok Choy

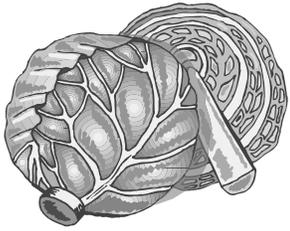
Store: Store cabbage tightly wrapped in plastic and place in refrigerator crisper for up to a week. Discard any discolored or wilted outer leaves and tough stalks before cooking or eating.

Prepare: Do not wash cabbage until you are ready to use it. Avoid slicing or shredding cabbage in advance. This will cause it to lose some of its vitamin C content. If you must prepare it an hour or more in advance before cooking, place it in a plastic bag, seal tightly, and refrigerate.

Serve: Can be thinly sliced and eaten raw in salads or lightly cooked.

Overcooked cabbage may produce a strong odor or flavor.





Cabbage Recipe

Sweet and Sour Cabbage Wedges

Ingredients:

2 tablespoons olive oil
½ head green cabbage, quartered through the core
½ cup cider vinegar
1 ½ cup water
2 tablespoons sugar
Coarse salt and ground pepper

Serves 4; Prep time: 5 minutes;
Total time: 25 minutes

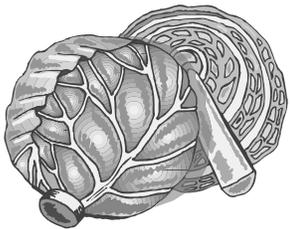
Directions:

Start by putting olive oil in a pan (skillet can be used) over medium heat. Then add the cabbage and cook it until it's golden brown. Around 3 minutes per each side. Then add vinegar, sugar and 1½ cups of water. Bring to a simmer. Cook the cabbage until it is tender. Test with a fork. Cook about 12 to 15 minutes then serve with salt and pepper or soy sauce.

enjoy!

Source
<http://cabbagerecipes.org/sweet-and-sour-cabbage-wedges/print/>

This training is supported by a grant from the Nebraska Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NDHHS.



Cabbage Recipe

Sweet and Sour Cabbage Wedges

Ingredients:

2 tablespoons olive oil
½ head green cabbage, quartered through the core
½ cup cider vinegar
1 ½ cup water
2 tablespoons sugar
Coarse salt and ground pepper

Serves 4; Prep time: 5 minutes;
Total time: 25 minutes

Directions:

Start by putting olive oil in a pan (skillet can be used) over medium heat. Then add the cabbage and cook it until it's golden brown. Around 3 minutes per each side. Then add vinegar, sugar and 1½ cups of water. Bring to a simmer. Cook the cabbage until it is tender. Test with a fork. Cook about 12 to 15 minutes then serve with salt and pepper or soy sauce.

enjoy!

Source
<http://cabbagerecipes.org/sweet-and-sour-cabbage-wedges/print/>

This training is supported by a grant from the Nebraska Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NDHHS.

