



Cabbage

Cabbage heads are solid, glossy and light green in color. The stem end should look healthy, trimmed and not dry or split.

Cabbage are vegetables which grow as leafy heads.

Cabbage originated nearly 2,000 years ago in the Mediterranean region.
Cabbage was introduced to America in 1541-42 by French explorer Jacques Cartier, who planted it in Canada.

Cabbage is enjoyed raw or cooked in many places throughout the world. It may help reduce the risk of certain cancers. Cabbage needs to be kept cold so it retains its vitamin C.

VARIETIES

There are at least 100 types of cabbage grown in the world. The most common varieties in the United States are Green, Red and Savoy. Chinese varieties are also available. The two most common Chinese varieties are Bok Choy and Napa.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Rich in vitamin C

USES

Cabbage is delicious in salads or as coleslaw. It can be steamed, boiled, microwaved or stir-fried. It can also be added to pasta, soups or stews. Sauerkraut is made from cabbage.



Funded in part by USDA's Food and Nutrition Service, EFNEP, and Nebraska Department of Health and Human Services 2008. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska-Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

Garden Vegetable Soup
Preparation time: 4 hours
Number of servings: 6
Cups of fruits or vegetables per serving: 1



1½ c. cabbage, finely shredded
4 carrots, sliced
½ c. onion, chopped
½ c. green beans
½ c. zucchini, diced
2 garlic cloves, minced

3 c. chicken, beef, or vegetable broth
1 T. tomato paste
½ tsp. dried basil
¼ tsp. dried oregano
¼ tsp. salt

1. In a large saucepan, combine all ingredients.
2. Cover and cook on medium heat for 30 minutes or until vegetables are tender.

Nutrition Information per Serving: Calories 60, Total Fat 1 g (2% DV), Saturated Fat 0 g (0% DV), Cholesterol 5 mg (2% DV), Sodium 700 mg (29% DV), Total Carbohydrate 10 g (3% DV), Dietary Fiber 3 g (12% DV), Sugars 5 g, Protein 3 g, Vitamin A 180%, Vitamin C 30%, Calcium 4%, Iron 2%.

Confetti Appleslaw
Preparation time: 15 minutes
Number of servings: 8
Cups of fruits or vegetables per serving: 0.50



2 T. orange juice concentrate, thawed
1 apple, diced
4 c. cabbage, shredded
1 red or green bell pepper, thinly sliced
3 T. raisins

1 T. low-fat mayonnaise
½ c. plain low-fat yogurt
½ tsp. dry mustard
⅛ tsp. paprika
⅛ tsp. black pepper

1. In a large bowl, stir together juice concentrate and apple.
2. Add cabbage, bell pepper, and raisins. Stir gently.
3. In a small bowl, stir together mayonnaise, yogurt, dry mustard, paprika, and black pepper.
4. Add to vegetable mixture. Mix well. Cover and refrigerate until ready to serve.

Nutrition Information per Serving: Calories 50, Total Fat 1 g (2% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 40 mg (2% DV), Total Carbohydrate 11 g (4% DV), Dietary Fiber 2 g (8% DV), Sugars 7 g, Protein 1 g, Vitamin A 4%, Vitamin C 60%, Calcium 4%, Iron 2%.