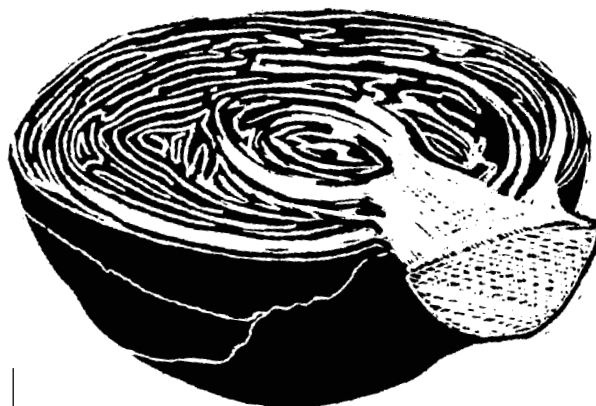


Cabbage



If you've eaten much food from a variety of cultures, you may have noticed that cabbage appears as a common vegetable in cuisines around the world. Cabbage is an ancient vegetable that comes in many varieties. Green, purple, and savoy

are the most common types here in the U.S. Cabbage is also known for the many legends in which it is featured: most people have heard that the "man in the moon" was sent up there because he stole a cabbage from his neighbor on December 24" and "babies

are found in a cabbage patch."

Perhaps the most well-known use for cabbage here in the U.S. is in coleslaw. However, cabbage is also tasty when added to stir fries, chopped for salad, boiled, or eaten plain and raw.

Ground Beef Soup

Makes 12 servings *Annie Coffey, Waterbury*

Ingredients:

1 pound lean ground beef or ground turkey
 1 (3- to 4-pound) head of cabbage, shredded
 1 pound carrots, shredded
 1 bunch celery, chopped or shredded
 2 onions, chopped
 Dash of Worcestershire sauce
 3 beef or vegetable bouillon cubes (optional)
 1 (48-ounce) can tomato juice
 12 cups water
 1/4 cup brown sugar
 1/4 cup vinegar
 Pepper to taste



Directions:

1. Brown meat in a skillet. Drain to remove some of the fat.
2. In large kettle, add all ingredients except sugar and vinegar.
3. Simmer 1/2 to 2 hours.
4. Add sugar, vinegar, and pepper to taste.
5. Simmer another 30 minutes.

Nutrition Facts

Serving Size 1 Serving (599g)
 Servings Per Container 12

Amount Per Serving

Calories 190 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 2g **10%**

Cholesterol 20mg **7%**

Sodium 660mg **28%**

Total Carbohydrate 23g **8%**

Dietary Fiber 6g **24%**

Sugars 16g

Protein 10g

Vitamin A 110% • Vitamin C 100%

Calcium 10% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.

Tips

- Cabbage can last a long time in the refrigerator when properly stored, or even longer in root cellars. Keep outer leaves on until ready for use.
- In the marketplace, choose firm, heavy cabbages that are not yellowing. Avoid splits and soft spots.

Complementary Herbs

basil	parsley
bay leaf	poppy seed
caraway seed	sage
celery seed	tarragon
dill	thyme
oregano	

Cabbage Salad

Makes 8 servings *Jan Gendreau, Waterbury*

Ingredients:

- 2 Tablespoons sesame seeds
- 1/2 cup slivered almonds (optional)
- 1/2 head of cabbage, chopped
- 4 green onions, chopped (or 1 small onion, chopped)
- 1/4 cup green pepper, chopped
- 1/4 cup carrot, shredded
- 1 apple, chopped
- 2 Tablespoons sugar
- 2 Tablespoons canola oil
- 1/4 cup vinegar
- 1/2 teaspoon salt



Directions:

1. Pour sesame seeds and almonds on a cookie sheet and broil in the oven (or toaster-oven) until slightly browned (be careful not to burn). You can also toast them in a dry skillet on the stove over low heat.
2. Combine the vegetables and apple in a bowl.
3. Mix dressing ingredients in a separate bowl.
4. Toss salad with dressing and toasted seeds/nuts.

Nutrient analysis does not include almonds.

Nutrition Facts

Serving Size 1 Serving (104g)
Servings Per Container 8

Amount Per Serving

Calories 90 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8 %**

Saturated Fat 0g **0 %**

Cholesterol 0mg **0 %**

Sodium 160mg **7 %**

Total Carbohydrate 10g **3 %**

Dietary Fiber 2g **8 %**

Sugars 6g

Protein 2g

Vitamin A 10% • Vitamin C 45%

Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.