

Vegetable of the Month

Cabbage



Cabbage, one of the oldest vegetables, continues to be a dietary staple and an inexpensive food. It is easy to grow, tolerates the cold, and keeps well. Cabbage is rich in Vitamin C (an antioxidant) and fiber and is also a member of the cruciferous vegetable family. People who frequently eat cabbage and other cruciferous vegetables may help reduce their risk of certain cancers such as colon and rectal cancer.

Nutrition Facts			
Serving Size (84g)			
Servings Per Container			
Amount Per Serving			
Calories 15	Calories from Fat 0		
% Daily Value*			
Total Fat 0g			0%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 10mg			0%
Total Carbohydrate 2g			1%
Dietary Fiber 1g			4%
Sugars 1g			
Protein 1g			
Vitamin A 20%		Vitamin C 40%	
Calcium 4%		Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Selection

Look for solid, heavy heads of cabbage. Avoid cabbage that has discolored veins or worm damage. Do not buy precut cabbage, the leaves may have already lost their vitamin C. Look for stems that are healthy looking, closely trimmed, and are not dry or split.

Storage

Keep cabbage cold. This helps it retain its vitamin C content. Place the whole head of cabbage in a plastic bag and store in the refrigerator. Once the head has been cut, place the remainder in plastic bags and place in the refrigerator. Try to use the remaining cabbage in the next day or two.



Preparation

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.

Varieties

There are at least a hundred different types of cabbage grown throughout the world, but the most common types in the United States are the Green, Red, and Savoy varieties. Chinese varieties are also available. The two most common types of Chinese cabbage are Bok Choy and Napa cabbage. Chinese cabbage cooks in less time than standard U.S. types, but can be prepared in the same ways. Cabbage can be steamed, boiled, braised, microwaved, stuffed, or stir-fried.

Make Cabbage Part of Your 5 A Day Plan



- Cut up fresh cabbage, sprinkle it with lemon and enjoy it as a midday snack.
- Cabbage is delicious with your favorite tossed salad or pasta dish.
- Also, try adding cabbage to vegetable soup.

Recipes

Chutney—Pineapple Slaw

Makes 4 servings

Each serving equals two 5 A Day servings

2 Tbsp chutney

1/2 tsp grated orange peel

2 Tbsp fresh orange juice

2 1/2 cups shredded cabbage

1/2 cup shredded carrot

1 cup coarsely fresh pineapple or one 8 oz pineapple tidbits

1/4 cup raisins

In a large bowl, combine chutney, orange peel, and orange juice. Mix well. Add shredded cabbage and carrot, pineapple, and raisins; toss to mix. Serve immediately or cover and chill until serving time.

Nutritional analysis per serving: calories 95, protein 2g, fat 1g, percent calories from fat 4%, cholesterol 0mg, carbohydrate 24g, fiber 3g, sodium 37mg



Asian Super Slaw

Makes 4 servings

Each serving equals two 5 A Day servings

8 oz green cabbage, shredded

4 oz Napa cabbage, shredded

2 oz raw carrot, grated

2 oz red cabbage, shredded

1/3 cup rice wine or white wine vinegar

1/3 cup white sugar

1/2 tsp ground ginger

1 Tbsp smooth peanut butter

10 oz raw or 8 ozs cooked lean beef top round

Broil or grill beef until desired doneness, slice into thin slivers. Mix dressing ingredients: vinegar, sugar, peanut butter, and ginger in blender or food processor until smooth. Toss dressing, vegetables, and beef strips. Chill at least 2 hours before serving.

Nutritional analysis per serving: calories 203, protein 15g, fat 4g, percent calories from fat 18%, cholesterol 25mg, carbohydrates 25g, fiber 3g, sodium 71mg

Warm Red Cabbage Bacon Salad

Makes 4 servings

Each serving equals 4 5 A Day servings

3 slices reduced-fat turkey bacon

1 1/2 Tbsp olive oil

1/2 large onion, peeled and chopped

3 large stalks celery, sliced

1/3 cup cider vinegar

1/2 large red cabbage, shredded to yield about 6 cups*

3 Tbsp sugar

1/2 tsp celery seed

salt and pepper, optional**

2 Tbsp chopped parsley, garnish

Cut bacon slices into 1-inch pieces and sauté over MEDIUM-LOW heat in a very large, deep skillet until crisp but not overdone. Remove to absorbent paper and reserve. Drain off all bacon fat and replace with olive oil.

Heat oil in skillet over HIGH heat. Add onion and celery and sauté briefly. Add vinegar, sugar, and celery seed. Heat until boiling; immediately add cabbage and bacon pieces, all at once. Stir and toss for about 1 minute, or until the cabbage is warm, not cooked. Season with salt and pepper if desired.

Serve immediately while very warm with garnish of chopped parsley.

*Chef's Note: The convenience of buying pre-shredded cabbage, carrots, and bagged salad makes this salad even easier for a busy cook.

**Optional ingredients are not included in dietary analysis.

Nutrition information per serving: calories 190, protein 6g, fat 7g, percent calories from fat 15%, cholesterol 15mg, carbohydrates 22g, fiber 5g, sodium 300mg



Mandarin Stir-Fry Beef

Makes 4 servings

Each serving equals four 5 A Day servings

8 oz beef top sirloin or top round steak, cut into bite-sized strips

juice from 1 to 2 tangerines (1/4 cup)

2 Tbsp Hoisin or oyster sauce

1 Tbsp lite soy sauce

2 cloves garlic, minced

1/2 cup low sodium chicken or beef broth

1 1/2 cup broccoli flowerets

1/3 cup green onion, sliced

4 cups Chinese or Napa cabbage, sliced

1 can (8 oz) sliced water chestnuts, drained

2 tangerines, peeled, segmented

hot cooked rice

Remove any excess fat from steak strips; place in shallow non-metal dish. In small bowl stir together tangerine juice, hoisin sauce, soy sauce, and garlic. Pour mixture over meat; toss to coat. Cover and chill 30 minutes to several hours. Drain meat, reserving marinade. In a wok or large skillet over high heat, place 3 Tbsps. broth. Stir-fry broccoli 3 minutes. Remove from wok. Add more broth if needed; stir-fry onion and cabbage for 2 minutes. Remove from wok. Add more broth if needed; stir-fry water chestnuts and tangerines for 1 minute. Add meat and cooked vegetables back to wok, along with reserved marinade. Toss well; cover and heat 1 minute. Serve with hot rice, cooked in unsalted water.

Nutrition information per serving: calories 340, protein 23g, fat 7g, percent calories from fat 19%, cholesterol 51mg, carbohydrates 49g, fiber 8g, sodium 480mg