

CABBAGE



Storage and preparation tips: Cabbage is best stored whole and un-rinsed until you're ready to use it. Cutting into it will cause it to lose vitamin C, which will lead to faster spoilage. To store a head of cabbage, place it in a plastic bag in the crisper drawer of your fridge. A head of cabbage will last up to two months when stored this way.

Nutrition benefits: Cabbage can be a very good source of dietary fiber, calcium, magnesium, and potassium. It also contains various vitamins like vitamin C to support immune health, as well as thiamine, niacin and folate for a healthy metabolism!



WAYS TO ENJOY CABBAGE:

Raw: Cut into wedges. Drizzle with lemon juice, salt and pepper to taste!

Roast: Cut cabbage into wedges, drizzle with olive oil. Season with 1 teaspoon kosher salt, 1 teaspoon black pepper and 1 teaspoon garlic powder. Bake at 425° F for 20 minutes, then drizzle 2 teaspoons of lemon juice over the tops.

Bake: Cut cabbage into quarters, then cut out its core. Slice each quarter and cut crosswise to create thin shreds of cabbage. Mix shredded cabbage in a bowl with 1 tablespoon of garlic powder, 1 tablespoon paprika, 1 teaspoon of salt and 3 tablespoons of butter. Bake on baking sheet at 400° F for 25-30 minutes.

Microwave: Place cabbage in a microwave safe dish. Fill dish up 1/4 inch with water. Cover and microwave on high for 8 minutes. Drain water from dish. Add butter and salt to taste!

Greens: Don't throw out cabbage leaves! Rinse, and boil for a few minutes to soften, then use as wraps!

PARMESAN GARLIC CABBAGE



Ingredients:

- 2 1/2 tablespoons olive oil
- 3 garlic cloves, minced
- 1 red onion, finely sliced
- 5 cups shredded white or red cabbage
- 1/2 - 3/4 cup shredded Parmesan cheese
- Salt and black pepper to taste

Instructions:

1. Heat oil in a large skillet over high heat.
2. Add garlic and onion - cook for 2 minutes until onion is translucent.
3. Add cabbage and cook until wilted.
4. Stir the Parmesan into the cabbage mixture.
5. Season to taste with salt and pepper. Serve!



Serves 6. Nutrition per 1 cup serving: 125 calories, 5 g protein, 6 g fat, 13 g carbohydrates, 2 g fiber, 167 mg sodium

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