



A Nutrition Resource



Cabbage

Cabbage is often overlooked but this vegetable is one of the most versatile and inexpensive. It also provides an impressive amount of nutrients - one cup of cabbage provides half of the recommended daily intake of Vitamin C. It is also a great source of insoluble fiber for a healthy gut, vitamin K, folate, and manganese.

Buying and Storing

BUYING: Look for solid, heavy heads of cabbage. Avoid cabbage that has discolored veins or worm damage. Avoid pre-cut 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.

STORING: 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 a plastic bag and put it in the refrigerator. Try to use the remaining cabbage in the next day or two.

Preparing

Clean cabbage by removing the outer layer of leaves. Cut the cabbage head in quarters and then rinse under cold, running water. 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.

Cooking

BOILING: Wash and cut cabbage into quarters or large wedges. Add about ½ inch of water into a large saucepan and bring to a boil. Add cabbage and continue boiling uncovered, until the pieces are tender, about 8 to 11 minutes.

STEAMING: Cut cabbage head into 4 wedges. Remove the core from each wedge. Place one inch of water in a pot and insert a steamer basket. Put in the cabbage wedges with one cut side down. Steam for 6 minutes, flip over and steam for another 6-8 minutes or until crisp-tender. Do not overcook.

BAKING: Preheat oven to 400°F. Cut cabbage into 1-inch-thick rounds and place on baking sheet. Brush lightly with oil. Season with salt and pepper. Roast until cabbage is tender and edges are golden, about 40-45 minutes.

Ways to Enjoy

- Cabbage can be steamed, baked, or eaten raw.
- Cut up any type of cabbage, drizzle it with lemon juice, and add a little salt for a mid-day snack.
- Toss some thinly-sliced cabbage into pasta sauce.
- Add cabbage to soups, stews, and stir fries.
- Add extra crunch to salads, soups, wraps, or sandwiches by topping them off with thinly-sliced raw cabbage.



Cabbage Stir Fry

Yield: 6 Servings | Serving Size: 1 cup

- 1 Tablespoon vegetable oil
- 1 small head cabbage, chopped
- 1 cup chopped onion
- 2-4 cloves garlic, chopped
- 2 medium green or red peppers, chopped
- 2-4 Tablespoons low-sodium soy sauce

1. Wash peppers and cabbage before chopping.
2. Heat oil in a large skillet.
3. Add onions, peppers, cabbage, and garlic to skillet and cook over medium heat until vegetables are tender
4. Add soy sauce and stir until sauce boils.
5. Remove from heat and let sit for 5 minutes. Serve warm with rice or noodles if available.

Recipe courtesy of Eating Smart • Being Active Cookbook

Nutrition Facts	
6 servings per container	
Serving size	1 cup (189g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 65mg	6%
Iron 1mg	6%
Potassium 392mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Crunchy Cabbage Salad

Yield: 8 Servings | Serving Size: 3/4 cup

- 16 ounces shredded, fresh cabbage (about ½ head of cabbage)
- 2 cups of mixed vegetables and/or fruits, such as chopped peppers, onions, or celery; shredded or diced carrots; frozen peas (thawed); pineapple chunks or mandarin oranges (drained); cantaloupe chunks, cherry tomatoes, or grapes (halved)
- ½ cup light or low-calorie dressing
- Nuts or raisins (optional)

1. Wash cabbage before shredding.
2. Add shredded cabbage to a large mixing bowl.
3. Add the other vegetables and/or fruits; toss to combine.
4. Stir in the dressing, be sure to coat all of the vegetables and/or fruits evenly.
5. Serve right away or cover and refrigerate until serving. If desired, top each serving with a few chopped nuts or raisins.

Nutrition Facts	
8 servings per container	
Serving size	3/4 cup (105g)
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 0mg	0%
Potassium 166mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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