



SUPPORT YOUR WELL-BEING cabbage

Cabbage is high in antioxidants, which play a major role in preventing cancer and heart disease.

Cabbage is an old favorite! In fact, it is one of the oldest vegetables in existence and continues to be a dietary staple throughout the world.

Did you know?

- Cabbage offers the fewest calories and least fat of any vegetable.
- Cabbage is high in vitamin C, which is a powerful antioxidant and aids in wound healing.
- 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.

Shopping, Preparing and Storing

- Avoid cabbage with holes and smell the core for sweetness when shopping.
- Whole, raw cabbage should be refrigerated in a plastic bag and will keep for up to two weeks.
- Red and green cabbage should have firm leaves with good color.

Cooking Tips

- Cabbage can be steamed, boiled, braised, microwaved, stuffed, stir-fried or eaten raw.
- Remove any discolored or wilted leaves before cooking.
- Cabbage flavors well with many foods and seasonings. Try it with bacon, caraway seeds, cheese, chicken, cider vinegar, corned beef, etc.

CABBAGE SOUP

- 2 quarts water
- 1/2 onion, chopped
- 3 tablespoons olive oil
- 2 cloves garlic, chopped
- 1 teaspoon salt, or to taste
- 1/2 teaspoon black pepper, or to taste

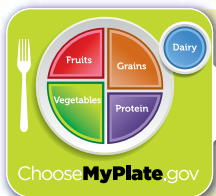


- 1 (14.5 ounce) can Italian-style stewed tomatoes, drained and diced
- 1/2 head cabbage, cored and coarsely chopped
- 4 teaspoons chicken bouillon granules

1. In a large stockpot, heat olive oil over medium heat.
2. Stir in onion and garlic; cook until onion is transparent, about 5 minutes.
3. Stir in water, bouillon, salt and pepper.
4. Bring to a boil, then stir in cabbage. Simmer until cabbage wilts, about 10 minutes. Stir in tomatoes.
5. Return to a boil, then simmer 15 to 30 minutes, stirring often.



Florida cabbage is typically available in January, February and March.



FRUITS

Make most of your choices whole or cut fruit instead of juice.

VEGETABLES

Eat a variety every day. Fresh, canned or frozen.

GRAINS

Make at least half of your grains whole grains.

DAIRY

For adults and children 2 years and older, drink 1 percent low-fat or fat-free milk.

PROTEIN

Choose lean meat, poultry without the skin, seafood, beans and peas, eggs, processed soy or nuts.