



SUPPORT YOUR WELL-BEING

cabbage

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

WELLNESS TIP

Drink plenty of water before, during and after physical activity. Aim for at least 8 cups per day.

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 or corned beef.

ROASTED CABBAGE

serves 8

- 1 head green cabbage, washed and cut into 1" slices
- 4 Tablespoons olive oil
- 1 teaspoon garlic powder, or to taste
- 1 teaspoon crushed red pepper flakes
- Salt and ground black pepper to taste
- Balsamic Vinegar to taste (optional)



1. Preheat oven to 450°.
2. Toss cabbage slices with olive oil, garlic powder, crushed red pepper flakes, salt, and pepper.
3. Arrange cabbage in a single layer on a baking sheet (you might need 2).
4. Roast the cabbage in preheated oven for 15 minutes, then flip cabbage and roast an additional 15 minutes or so until browned and charred in some areas.
5. Remove from oven and sprinkle lightly with balsamic vinegar if desired.

Recipe adapted from Chef Paula Kendrick, Florida Department of Agriculture and Consumer Services

Calories: 102; Total Fat: 7 g; Saturated Fat: 1 g; Total Carbohydrates: 11 g; Protein: 2 g; Sodium: 29 mg



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.

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