



Cabbage

Selection and storage

Cabbage is a cool-season crop. In the US supermarkets, however one may find them a year around. While buying, choose fresh, compact, firm, medium-size head heavy for its size.

Pests are common in cabbage. Conventionally grown heads may be subjected to insecticide sprays to avoid pest infestation. Therefore, wash thoroughly in cold running water, then soak in saline water for about 30 minutes. Then again give a gentle wash in clean water in order to remove dust, pests, eggs/ova/cysts and any residual insecticides.

Use cabbage while farm fresh to get its maximum health benefits. However, it can be stored in the refrigerator for few days for later use.

Preparation and serving methods

To prepare, trim off the stem and discard any withered outer layer leaves. Wash the head as described above. Cut the head into two equal halves and then slice the leaves as you may desire in the recipes.

Here are some serving tips:

- Thoroughly cleaned cabbage can be eaten raw, in fact, is very nutritious.
- Sliced or grated raw leaves are added to vegetable salad preparations.
- Raw sliced or chopped leaves can be added to vegetable salad preparations.
- Fresh or pickled cabbage leaves used as wraps filled with meats and other vegetables.



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Recipes

Confetti Slaw with Poppy-Seed Dressing

Ingredients

- 2 tablespoons cider vinegar
- 1 1/2 teaspoons honey
- 1 1/2 teaspoons Dijon mustard
- 1 1/2 teaspoons chopped fresh dill
- 1 teaspoon poppy seeds
- 1 teaspoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup thinly sliced green cabbage
- 1 cup thinly sliced red cabbage
- 1/2 cup pre-cut matchstick carrots



Combine first 8 ingredients (through pepper) in a bowl. Add cabbage and carrots; toss to coat.

Apple Slaw

- 1/3 cup cider vinegar
- 2 teaspoons olive oil
- 1 teaspoon "measures-like-sugar" calorie-free sweetener
- 1 teaspoon Dijon mustard
- 1/2 teaspoon caraway seeds
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 7 cups shredded red cabbage
- 1 1/2 cups diced Golden Delicious apple (about 2 medium)



Combine first 7 ingredients in a large bowl, stirring with a whisk until blended. Add cabbage and apple; toss well. Cover and chill thoroughly, tossing occasionally.

Easy Cabbage Roll

- 1 head cabbage
- 1 lb. ground beef
- 1/2 c. onion
- 1/2 tsp. salt
- 1/2 c. rice
- 1/4 tsp. pepper
- 2 cans tomato soup
- 1 1/2 c. water
- 1/4 c. grated Parmesan cheese

Chop cabbage, line bottom of greased 13 X 9 inch pan with the cabbage. Brown meat and onion. Stir in rice, salt and pepper. Spoon over the cabbage. Heat soup and water to boil and pour over all. Sprinkle with cheese. Cover tightly with aluminum foil. Bake 1 1/2 hours at 350°F.

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