



Give Them More  
of the  
Good Stuff!

# Cabbage Basics



## Shop and Save

✿ Cabbage is low cost and available year round. Find Oregon-grown cabbage at local markets July through October.

✿ Choose cabbage with leaves that are firm, not wilted. Avoid cabbage with outer leaves or stems that are soft, yellow or brown.

✿ Green, red and savoy cabbage should feel heavy for its size, with leaves that are tightly packed. For napa cabbage, look for crinkly leaves that are more loosely packed. For bok choy, look for leaves that are firmly attached to the stems.

✿ A bag of shredded cabbage usually costs more per pound than a head of cabbage. It may be a good buy when you need a small amount or want to save time.

Cabbage is an excellent source of vitamins C and K and a good source of fiber.



Green Cabbage

Red Cabbage



Savoy Cabbage



Napa Cabbage



Bok Choy

Raw cabbage has a peppery taste that becomes sweeter as it cooks.

A head of cabbage can weigh from 1 to 9 pounds.

1 pound of cabbage = about 4 cups shredded = 2 cups cooked.

## Store Well Waste Less



- Store whole, chopped or shredded cabbage in the refrigerator.
  - Use whole cabbage heads within 2 weeks.
  - Use bok choy within 1 week.
  - Wrap cut cabbage and plan to use within 2 days.
  - Read the storage directions on a bag of shredded cabbage.

- Store fermented or pickled cabbage products, such as sauerkraut or kimchi, in the refrigerator for several months.
- Freeze cabbage for longer storage. For best color and texture, blanch leaves or thin wedges for 90 seconds. Package in airtight containers, label and use within 8 to 12 months.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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# Enjoy Cabbage

## Sautéed Cabbage

### Ingredients:

- 1½ Tablespoons **margarine** or **butter**
- ½ head **cabbage**, shredded (about 6 cups)
- 2 **carrots**, grated (about 1½ cups)
- ½ teaspoon **salt**
- ¼ teaspoon **pepper**

### Directions:

1. Wash hands with soap and water.
2. In a large skillet, heat margarine or butter on medium-high. Add cabbage and carrots; sauté until tender but crisp, about 4 to 6 minutes.
3. Add salt and pepper. Serve warm.
4. Refrigerate leftovers within 2 hours.

### Notes:

- Enjoy with different seasonings. Try cumin, garlic, onion, paprika, parsley, thyme or any mix.
- Make this a meal by serving with whole grains and a protein, such as Food Hero Stovetop Brown Rice and Baked Tofu.

**Makes** 5 cups

**Prep time:** 10 minutes

**Cook time:** 10 minutes

Go to  
[FoodHero.org](https://www.foodhero.org)  
for easy, tasty  
cabbage recipes

## Tuna Cabbage Salad

### Ingredients:

- 1 can (5 ounces) **tuna** in water, drained
- 2 cups chopped **cabbage** (green or red, try a mix)
- 3 to 4 **green onions**, diced (¼ cup)
- 1 Tablespoon **mayonnaise**
- 2 Tablespoons nonfat **plain yogurt**
- ¼ teaspoon each **salt** and **pepper**

### Directions:

1. Wash hands with soap and water.
2. In a medium bowl, shred tuna with a fork and mix with cabbage. Stir in green onions, mayonnaise and yogurt. Add salt and pepper to taste.
3. Chill until ready to serve.
4. Refrigerate leftovers within 2 hours.

**Makes** 2 cups

**Prep time:** 10 minutes

## Garlic Bok Choy

### Ingredients:

- 1 pound **bok choy**
- 4 to 6 cloves **garlic**, minced, or 1 to 1½ teaspoons garlic powder
- 2 teaspoons **vegetable oil**
- ½ teaspoon **salt**

### Directions:

1. Wash hands with soap and water.
2. Cut bok choy crosswise into easy-to-eat pieces.
3. In a medium skillet over medium-high heat, sauté garlic in oil until fragrant. If using garlic powder, add with salt in the next step.
4. Add bok choy and stir quickly. Add salt. Stir until greens are wilted and stem pieces are tender-crisp. Serve hot.
5. Refrigerate leftovers within 2 hours.

**Makes** 2 cups

**Prep time:** 10 minutes



**Kids Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- help write a grocery list for a Food Hero recipe.
- peel the outer leaves from a head of cabbage.
- measure and mix ingredients.