Choose cabbage heads with firmly packed leaves that are crisp. Avoid cabbage with outer leaves that are soft, yellow, or brown.

- A good cabbage should feel heavy for its size.
- A bag of shredded cabbage will save you time, but usually costs you more than an uncut head and might not keep as long.

### How to Cut a Cabbage

1. Trim off the stem.
2. Remove any damaged leaves.
3. Rest cabbage on the stem, and cut from the top of the cabbage down through the stem. Then slice into shreds or wedges of the size needed.
4. Rinse in cool water and drain well.

### Cabbage Basics

Cabbage is an excellent source of vitamins C and K.

**Common Types of Cabbage**

1. **Green cabbage** is commonly available and usually costs the least. It has smooth green leaves on the outside and becomes creamy white toward the center. The flavor is peppery when raw but becomes more sweet when cooked.
2. **Red cabbage** has reddish-purple leaves. The color turns redder with acidic ingredients like vinegar or lemon juice. When cooked, it tends to lose some of the color into the cooking water.
3. **Napa cabbage** (Chinese cabbage) has long oval leaves that are yellow-green. The flavor is mild and sweet.
4. **Savoy cabbage** is like green cabbage with crinkled leaves. The leaves are tender and have a mild flavor. Heads will feel lighter and softer because of the crinkled leaves.

### Store Well, Waste Less

- Cabbage can be stored whole, chopped or shredded.
- Whole cabbage can be refrigerated for 3 weeks to 2 months.
- Whole or cut (halves or quarters) should be tightly wrapped in plastic. Keeping the core in will help hold the cabbage together.
- Chopped or shredded cabbage is best used within 2 weeks.
- When you’re ready to use whole cabbage, discard any wilted or brown outer leaves. The inner cabbage should still be good to use. If the entire cabbage is limp with discolored leaves or a sulfur odor, throw it away.
Cooking with Cabbage

Dutch Red Cabbage with Apples

**Ingredients:**
- 1 tablespoon vegetable oil
- ½ medium onion, chopped (about ½ cup)
- ½ head red cabbage, thinly sliced (about 6 cups)
- ¼ cup vinegar
- ¼ cup sugar
- 1 teaspoon salt
- 2 apples, chopped

**Directions:**
1. Heat oil in a large saucepan or skillet over medium heat. Add onion and cook, stirring often, until clear about 3-5 minutes.
2. Add cabbage, vinegar, sugar and salt. Mix well and add apples.
3. Reduce heat to low. Continue cooking, stirring occasionally, until cabbage is soft, about 30 minutes. Serve warm or cold.
4. Refrigerate leftovers within 2 hours.

Sautéed Cabbage

**Ingredients:**
- 1 ½ tablespoons margarine
- ½ head cabbage, shredded (about 6 cups)
- 2 carrots, grated (about 1 ½ cups)
- ½ teaspoon salt
- ¼ teaspoon pepper

**Directions:**
1. In a large skillet heat margarine until foamy. Add cabbage and carrots.
2. Sauté over high heat until tender but crisp, about 4-6 minutes.
3. Add salt and pepper and serve warm.
4. Refrigerate leftovers within 2 hours.

**Notes:** Enjoy the sweet mild flavor of cooked cabbage or spice it up with your favorite seasoning!

Tuna Cabbage Salad

**Ingredients:**
- 1 can (5 ounces) tuna in water, drained
- 2 cups cabbage, chopped
- 3-4 green onions, diced
- 1 tablespoon reduced fat mayonnaise
- 2 tablespoons nonfat plain yogurt
- Salt and pepper

**Directions:**
1. 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.
2. Chill until ready to serve.
3. Refrigerate leftovers within 2 hours.

**Notes:** Serve on lettuce leaves or make sandwiches with whole wheat or pocket (pita) bread.

Visit FoodHero.org for more cabbage recipes