



Cabbage

Cabbage originates from Europe. It is a plant of thick overlapping leaves that may or may not form a head, may be smooth or curly, and colored green, white or red.

Buying

Choose: heavy, compact cabbage with brilliant, well-colored and crunchy leaves.

Serving Ideas

Cabbage can be eaten raw, cooked or preserved. Raw cabbage can be grated or sliced; it is delicious as a salad. It is used in soups, stews and stir-fries. It works well cooked with carrots, onions and potatoes as well as bacon and sausages.

Cooking

Use only a small amount of water ($\frac{3}{8}$ - $\frac{3}{4}$ in). Add the cabbage once the water has come to a boil; cook grated cabbage 5-8 minutes and quartered cabbage 10-15 minutes. To make into a salad, dress with a little vinegar after slicing thinly.

Nutritional Information

Per 3.5 oz/100g	raw	cooked
Water	93%	93.6%
Protein	1.2g	1.0g
Fat	0.2g	0.2g
Carbohydrates	5.4g	4.8g
Fiber	1.8g	1.7g
Calories	24	21

Preparing

Wash cabbage after removing its fibrous or damaged outer leaves.

Excellent Source: vitamin C and folic acid

Good Source: potassium (raw and cooked) and vitamin C (cooked).

Contains: vitamin B (raw) and folic acid (cooked)

Properties: anticancerous, antidiarrheal, antiscorbutic, antibiotic, mineralizing and aperitive. Its juice is very effective in treating stomach ulcers.

Storing

At room temperature: keep cabbage in a cold room.

In the fridge: about 2 weeks, in the vegetable compartment or in a loosely closed or perforated plastic bag.

In the freezer: blanch grated cabbage 1 min. and cabbage cut into wedges 2 min. The texture softens when defrosted.