



Extension Nutrition Programs

FSNE/EFNEP

Cabbage



Cabbage, one of the oldest vegetables, continues to be an inexpensive food. Cabbage is rich in Vitamin C and fiber and can be steamed, boiled, braised, microwaved, stuffed, or stir-fried.

Selection

Look for solid, heavy heads of cabbage. Avoid cabbage that has discolored veins or worm damage. Do not buy precut cabbage, the leaves may have already lost their vitamin C. Look for stems that are healthy looking, closely trimmed, and are not dry or split.

Storage

Keep cabbage cold. This helps it retain its vitamin C content. Place the whole head of cabbage in a plastic bag and store in the refrigerator. Once the head has been cut, place the remainder in plastic bags and place in the refrigerator. Try to use the remaining cabbage in the next day or two.

Preparation

Do not wash cabbage until you are ready to use it. Avoid slicing or shredding cabbage in advance. This will cause it to lose some of its vitamin C content. If you must prepare it an hour

or more in advance before cooking, place it in a plastic bag, seal tightly, and refrigerate.

Varieties

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.



- Cabbage facts from <http://www.FoodReference.com>, by James T. Ehler, 2004

**Eat Smart,
Stay Healthy**

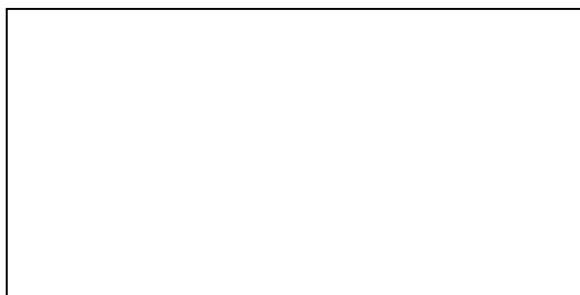
March is National Nutrition Month

Corned Beef and Cabbage
or
(New England Boiled Dinner if
using the optional vegetables)

Yield: 4 servings

2½ pounds corned beef (approximate)
1 onion
1 parsnip, peeled (optional)
2 carrots, peeled
1 turnip, peeled (optional)
1 potato
½ cup water
½ head cabbage, cut into 2 pieces

1. Chop the onion, parsnip, carrots, turnip and potato and place in the bottom of a slow cooker.
2. Unwrap corned beef and place the meat in a slow cooker over the vegetables. Generally the spice packet is included in the package. Sprinkle the spices over the meat.
3. Pour water into slow cooker, cover and cook on LOW for 8 to 10 hours.
4. About 45 minutes before the end of the cooking time, add the cabbage, cover, and cook 45 minutes more.
5. Place meat on a platter and slice thinly and serve with vegetables.



Blarney Stone Chowder

Yield: 6 servings

1½ pounds new potatoes
1 pound cooked chicken
½ cup diced onion
2-14 ounce cans chicken broth
½ cup heavy cream (or evaporated milk)
3 Tablespoons Dijon mustard
1 teaspoon thyme
1½ cups shredded green cabbage

1. Wash and cut potatoes in half or larger ones in quarters.
2. In a large pot combine potatoes, chicken, onion and broth. Bring to a boil and simmer for 15 minutes.
3. In a small bowl stir together the mustard and heavy cream or evaporated milk. Add cream mixture to potatoes along with the thyme and shredded cabbage.
4. Simmer 5 to 10 minutes longer or until potatoes and cabbage are tender.

Helpful Hint: Here are 2 ways to make your own evaporated milk.

1. In a jar with a tight fitting lid pour ½ cup water plus ⅓ cup dry milk powder. Fasten lid tightly and shake until the powder is dissolved.
2. In a jar with a tight fitting lid pour ½ cup milk plus 3 Tablespoons instant nonfat dry milk powder. Fasten lid tightly and shake until the powder is dissolved.

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