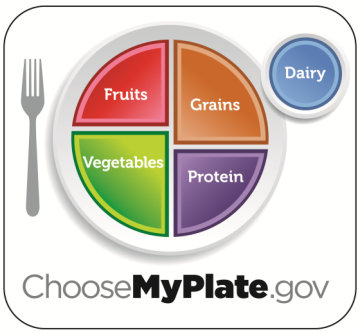

Cabbage, Fresh

MyPlate Food Group: **Vegetable**

USDA Foods

Nutrition Information

- 1 cup of raw cabbage counts as 1 cup from the ChooseMyPlate.gov Vegetable group.
- It all counts! Fresh, frozen, canned, and even vegetable juice- all types of veggies count toward your MyPlate goal.
- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- Cabbage is an important source of many nutrients, including vitamin C. Vitamin C helps to boost the immune system.

Uses and Tips

- Make cabbage rolls! Wrap last night's leftover beef or chicken and rice in cabbage leaves, cover with tomato sauce, and bake in the oven to give new life to yesterday's meal.
- Make a salad using all of the colors in the rainbow, including tomatoes, carrots, corn, green peppers or cucumbers, cauliflower, and purple cabbage.
- Add cabbage to soups or stews for added texture and flavor.

Storing Foods at Home

- Do not wash cabbage until ready to eat.
- Cabbage should be stored in the refrigerator in a plastic bag, loosely tied or knotted.

MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake. For example, replace chips with crunchy carrots, celery, or cucumbers.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.
- Vary your veggie choices to keep meals interesting.

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USDA Foods

Fresh and Fruity Coleslaw

Makes 10 servings

Ingredients:

⅓ cup onion, thinly sliced
3 tablespoons apple cider vinegar or lemon juice
1 tablespoon vegetable oil
¼ teaspoon ground black pepper, if desired
⅛ teaspoon salt, if desired
½ medium head cabbage, shredded (about 6 cups)
2 medium carrots, peeled and shredded
⅔ cup radishes, shredded
1 medium apple, shredded
½ bunch parsley or cilantro, chopped (optional)

Directions: *Wash hands with soap and water.*

1. In a large bowl combine sliced onion, vinegar (or lemon juice), vegetable oil, pepper, and salt (if desired). Let onion mixture stand for 10 minutes.
2. Add cabbage, carrots, radishes, apple, and parsley or cilantro (optional) to bowl. Mix well.
3. Chill at least 15 minutes before serving.

Recipe adapted from Cornell Cooperative Extension

Creamy Ham and Vegetable Chowder

Makes 10 servings

Ingredients:

1 tablespoon vegetable oil
1 small onion, chopped
½ head cabbage, chopped (about 6 cups)
1 large potato, peeled and diced
2 cans (14.5 ounces each) low-sodium chicken broth
2 cans (15.5 ounces each) cream-style corn
1 cup lean ham, chopped
½ teaspoon pepper
½ cup low-fat cheddar cheese, grated

Directions: *Wash hands with soap and water.*

1. Heat vegetable oil in 4 quart (or larger) saucepan. Cook onion, cabbage, and potato over medium heat, stirring often, until soft, about 10 minutes.
2. Add chicken broth, corn, ham, and pepper.
3. Cover and simmer until potato is tender, about 10 minutes.
4. Serve hot, sprinkled with cheese.

Recipe adapted from FoodHero.org

These recipes have not been tested or standardized.