



Cabbage

3 Prep and cooking tips

- Remove old or damaged outer leaves, cut the leaves free from the core and slice out any tough central stalks. Then chop, shred, or slice.
- When cooking red cabbage, add a little vinegar to the water to help keep the vibrant purple color.
- Steams in 4-8 minutes, boils in 4-6 minutes, and stir-fries in 2-4 minutes.

2 Shopping and storage

- Loose-leaved cabbages will keep in a cool, dark place for several days. Tight leaved varieties will last even longer.
- Cabbage comes in many different varieties including green, red, Napa (Asian), and Savoy.

1 Nutrition Fact:

- Cabbage is an excellent source of vitamin C and vitamin K. Vitamin C keeps skin healthy and fights infection, while vitamin K helps stop cuts from bleeding too much and builds strong bones.

Go!

**Scan the QR code
to learn more:**



USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP For more information about SNAP and how to apply, call 832-369-9390.