

# CABBAGE



## TRY THIS

- Try fresh cabbage leaves with hummus and a squeeze of fresh lemon.
- Make it for breakfast. Sauté cabbage, top with scrambled eggs, and drizzle with hot sauce.
- Add shredded cabbage to salads, sandwiches, soups, and stews.

## BUYING AND STORING

- Select heavy, firm cabbage with compact, vibrant colored leaves free of cracks or blemishes.
- Store unwashed, whole cabbage in refrigerator in plastic wrap or bag up to two weeks. Remove wilted leaves to prevent decay. Store cut cabbage tightly wrapped or in an airtight container, use within three days.
- To freeze, place blanched cabbage in freezer bags or containers and freeze for up to nine months.
- Wash all fresh fruits and vegetables before using.

# RED CABBAGE SALAD WITH ORANGES, CRANBERRIES, AND WALNUTS

Time: 20 minutes | Makes: 4 servings | Serving Size:  $\frac{2}{3}$  cup

Nutrition Information Per Serving: Calories 207, Carbohydrate 21g, Dietary Fiber 2g, Protein 1g, Total Fat 14g, Saturated Fat 1g, Cholesterol 0mg, Sodium 165mg



## INGREDIENTS

$\frac{1}{4}$  cup vegetable oil

$\frac{1}{3}$  cup apple cider vinegar

1 tablespoon sugar

$\frac{1}{4}$  teaspoon kosher salt

$2\frac{1}{2}$  cups red cabbage, shredded

One 11-ounce can mandarin oranges in 100% fruit juice, drained

$\frac{1}{2}$  medium red or sweet onion, sliced thin

$\frac{1}{4}$  cup dried cranberries

$\frac{1}{4}$  cup walnuts, chopped (optional)

Always wash hands before preparing food. Wash all fresh fruits and vegetables before using.

## INSTRUCTIONS

1. Whisk vegetable oil, vinegar, sugar, and salt in a large bowl.
2. Add cabbage, oranges, onions, and cranberries. Mix to combine.
3. Chill covered for two hours or up to three days to meld flavors (optional).
4. Garnish with walnuts, if using, and serve.

## CHANGE IT UP

- Swap dried cranberries for raisins.
- Add thinly sliced apples and baby spinach.
- Add  $\frac{1}{2}$  teaspoon Dijon mustard to Step 1 and garnish with crumbled blue cheese.