

September Veggie of the Month: Cabbage



Fun Facts

- There are many varieties of cabbage including napa, green, red, bok choy, and savory cabbage!
- Raw cabbage has a peppery taste that becomes sweeter with cooking.
- It is a great low cost veggie that is available year-round.
- Cabbage is a cruciferous vegetable.
- A cabbage head can weigh 1-9 lbs!
- Cabbage is a great source of fiber, vitamin K, and vitamin C.

<https://foodhero.org/sites/foodhero-prod/files/monthly-magazines/Cabbage%2021%20%20Monthly.pdf>

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Recipe

PSD Coleslaw
serves 35, 1/4 cups

Ingredients :

- 5 lbs cabbage
- 2 cups cranberries
- 2 cup ranch dressing
- 1 TSP maple syrup
- 1 TSP Pepper
- 1 cup Italian dressing
- 1/2 cup low fat milk

Instructions:

1. Combine 2 cups of ranch, 1 cup Italian dressing, 1 tsp maple syrup, 1/2 cup of 1% milk, and 1 tsp of pepper in a bowl to make the dressing.
2. Combine cabbage and dried cranberries together in a large bowl.
3. Add prepared dressing mixture over the cabbage and cranberries. Mix thoroughly.