

## Cabbage

<b>Store</b>	Refrigerate in vegetable drawer.	
<b>Prepare</b>	<ul style="list-style-type: none"> <li>• Remove tough outer leaves.</li> <li>• Cut cabbage into quarters then cut out the thick core of each.</li> <li>• Lie the cabbage quarters on a board and slice thinly.</li> <li>• Rinse well in cold water and drain.</li> </ul>	
<b>Cook</b>	<ul style="list-style-type: none"> <li>• Boil, covered, in lightly salted water for 2-3 minutes or until just tender.</li> <li>• Steam over boiling water for 4 minutes or until just tender.</li> <li>• Microwave on high for 2 minutes in a covered container with a little water.</li> <li>• It is very important not to overcook cabbage, cook until just tender and slightly crunchy.</li> </ul>	
<b>Add Flavour</b>	<ul style="list-style-type: none"> <li>• Stir-fry in a little oil, try sesame oil for a change.</li> <li>• Lightly stir fry and add 1 teaspoon caraway seeds and 1 sliced or grated apple.</li> <li>• Cook in frying pan with a can of crushed pineapple (including juice).</li> </ul>	
<b>Vege Up</b>	<ul style="list-style-type: none"> <li>• Add to a stir fry of vegetables (near the end of cooking).</li> <li>• Make coleslaw with red and green cabbage. Add grated carrots and chopped spring onion (a good option in winter when lettuce not in season).</li> <li>• Add to soups with lentils and leftover bacon.</li> </ul>	

## Recipe Ideas

<b>Cooked</b>	<p><b>Cabbage with Bacon</b></p> <p>½ cabbage, green or red, sliced                  2 teaspoons oil                  1 onion, finely chopped                  2 rashers of lean bacon, sliced into small pieces                  Salt and pepper</p> <p>In a frying pan heat the oil and fry the onions and bacon without browning. Add cabbage, salt and pepper and stir often. Cook until cabbage has softened slightly but still crunchy. Add salt and pepper to taste.</p>	
<b>Salad</b>	<p><b>Cabbage Salad</b></p> <p>2 unpeeled apples cored and thinly sliced                  ½ cabbage, red or green or mix of both, thinly sliced                  Low fat salad dressing, mayonnaise, or French dressing                  Parsley, chives or spring onions (optional garnish)</p> <p>Place in a large bowl with the sliced cabbage and toss gently with the dressing.</p>	