

# Cabbage

## Benefits of cabbage:

- High in Vitamin C
- Low in calories
- High in Vitamin K

## When are they in season?

- Cabbage is available fresh in Wisconsin from June to November.

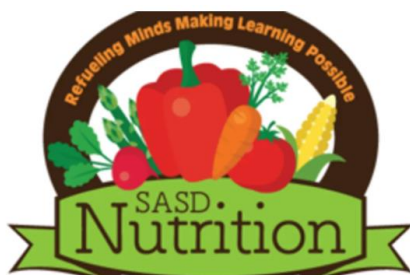
## Food Safety for cabbage

**Wash** cabbage with running water.

**Store** cabbage in the refrigerator.

**Separate** cabbage from meat. Use different cutting boards for meats and fruits.

Did you know... Cabbage is one of the oldest vegetables, dating back to the 1600's.



### Resource:

Fruit and Vegetable Safety. (2021, January 05). Retrieved January 06, 2021, from <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>

Sheff, T., Sheff, A., Author., Says, J., Bishop, J., & Says, T. (2020, December 30). Roasted Cabbage Steaks. Retrieved January 18, 2021, from <https://eatsomethingvegan.com/roasted-cabbage-steaks/>  
Pictures: Creative Commons

## Roasted cabbage steaks

Serves: 4 steaks

### Ingredients

- 2 small cabbage heads
- 3 tablespoons olive oil
- 1/2 teaspoon salt
- 2 teaspoons paprika
- 1 tablespoon garlic powder

### Directions

- Preheat oven to 400 degrees.
- Cut the steams off the cabbage heads and then cut each one in half, then in half again.
- Place the cabbage steaks on a baking sheet that is line with parchment paper.
- Brush the cabbage with olive oil, coating them thoroughly. Then sprinkle the salt, garlic powder, and paprika on the cabbage steaks.
- Flip the cabbage over and repeat.
- Bake at 400 degrees for about 25 minutes, until the leaves are browned, and the center is tender.



### Other ideas:

- Cabbage soup
- Stuffed cabbage
- Steamed cabbage