Cabbage

Choose cabbage!

Choosing:
• Choose cabbage that feels heavy and has crisp leaves. Avoid cabbage that has limp leaves, tears or discolorations.

Storing:
• Store whole cabbage heads in a plastic produce bag in the refrigerator for up to 2 weeks.

Preparing:
• When you are ready to eat the cabbage, remove the thick outer leaves.
• Wash the remaining cabbage head under cool running water.
• Once the cabbage is sliced, plan to eat it within a day.
• There are many different ways to prepare cabbage. Try boiling, steaming, roasting or just enjoying it raw!

Did you know?
• Cabbage is a good source of vitamins C and K, fiber and folate.
• One serving is one cup of cabbage.
• Cabbage is high in antioxidants, which may help protect against developing heart disease and certain kinds of cancer.

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Foods like cabbage and broccoli are high in antioxidants and can lower your cancer risk.
Healthy Recipes

Chicken Cabbage Coleslaw

Yield: 4 servings
Serving size: ½ cup
Recipe from eatingwell.com

Ingredients:
2 cups finely shredded green or purple cabbage
½ pound chicken breast
½ cup thinly sliced carrot
½ cup thinly sliced red onion
2 tablespoons apple cider vinegar
2 tablespoons olive oil
¼ tsp salt
¼ tsp pepper

Instructions:
1. Preheat oven to 450 °
2. Line baking pan with foil.
3. Bake chicken breast uncovered 8-10 minutes, then flip chicken and cook another 8-10 minutes. Chicken is done when temperature reaches 165 °.
4. Shred chicken by holding chicken still with one fork, and using a second fork to pull shreds apart.
5. Toss the chicken, cabbage, carrots, and onion in a large bowl.
6. In a separate bowl, whisk together vinegar, oil, salt, and pepper.
7. Add vinegar and oil mixture to the cabbage, and serve.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving size (220g)</th>
<th>Amount per serving</th>
<th>Calories 270</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Fat 11g</td>
<td>14% Daily Value*</td>
</tr>
<tr>
<td></td>
<td>Saturated Fat 2g</td>
<td>10% Daily Value*</td>
</tr>
<tr>
<td></td>
<td>Trans Fat 0g</td>
<td>0% Daily Value*</td>
</tr>
<tr>
<td></td>
<td>Cholesterol 120mg</td>
<td>40% Daily Value*</td>
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<tr>
<td></td>
<td>Sodium 710mg</td>
<td>16% Daily Value*</td>
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<tr>
<td></td>
<td>Total Carbohydrate 8g</td>
<td>3% Daily Value*</td>
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<tr>
<td></td>
<td>Dietary Fiber 1g</td>
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<td></td>
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<tr>
<td></td>
<td>Includes 0g Added Sugars</td>
<td>0% Daily Value*</td>
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<tr>
<td>Protein 3g</td>
<td>Vitamin D 9mcg</td>
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<tr>
<td>Calcium 5mcg</td>
<td>Iron 1mg</td>
<td>6% Daily Value*</td>
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<tr>
<td>Potasium 470mg</td>
<td></td>
<td>10% Daily Value*</td>
</tr>
</tbody>
</table>

*The % Daily Value is based on a 2000 calorie diet

Fun for Kids

Rainbow Ribbons

Make trying new vegetables fun for kids! Have them try different colors to compare different flavors. Eating a variety of colors of vegetables is a fun and easy way to make sure to get a variety of your needed nutrients.

Ingredients:
1 red pepper
2 carrots
1 yellow squash
1 bunch green asparagus
1 purple cabbage

Instructions:
1. Wash all vegetables under cool running water.
2. With a vegetable peeler, slice the red pepper, carrots, yellow squash and green asparagus into thin ribbons.
3. Thinly slice purple cabbage.
4. Bring a pot of water to boil.
5. Add the vegetable ribbons to the pot, and boil for 2-3 minutes until vegetables begin to soften.
6. Eat immediately or refrigerate until ready to serve.

Brain Break

Name That Veggie

Write the name of the vegetable next to the picture!

Onions  Lettuce  Eggplant
Peas  Carrots  Cabbage
Radishes  Corn  Potatoes
Peppers  Tomato  Pumpkins
Cucumbers  Broccoli  Mushrooms

1.________  2.________  3.________  4.________  5.________  6.________
7.________  8.________  9.________
10.________  11.________  12.________
13.________  14.________  15.________
15.________  16.________  17.________
18.________

Don’t overcook cabbage or it will release a stinky sulfur smell!