



CABBAGE, FRESH

Date: August 2009

Code: F180

PRODUCT DESCRIPTION

- Fresh cabbage is U.S. No. 1 or better.

PACK/YIELD

- About 1 pound of cabbage (1 head of cabbage).
- 1-pound of cabbage is about 4 to 5 cups of raw shredded cabbage.

STORAGE

- Store the whole head of cabbage in a plastic bag or wrap it in plastic wrap in the refrigerator.
- Do not slice the cabbage until you are ready to use it. Slicing the cabbage will cause it to go bad faster, so plan on using it within a day.
- If you only need half of a head, place the remaining half in a plastic bag and shake a few drops of water onto the cut side. Close the bag and refrigerate. The cut half should last a few days if it was fresh when you cut it.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Clean your cabbage by removing the outer layer of leaves. Cut your cabbage head into quarters and then rinse under cold running water.
- Shredded cabbage can be cooked by adding to a small amount of boiling water, reduce heat and cook for about 4 to 5 minutes.
- To Boil: Wash and cut cabbage into quarters or large wedges. Add about ½ inch of water into a large saucepan and bring to a boil. Add cabbage and continue boiling uncovered, until the pieces are tender, about 8 to 11 minutes.

USES AND TIPS

- Cabbage can be steamed, baked, or stuffed as well as eaten raw.
- Add raw shredded cabbage to salads like coleslaw or tossed salads.
- Serve cooked and seasoned cabbage with meats like beef, chicken, and low-fat sausages.
- Add cabbage to soups, stews, and stir fry dishes.

- Other vegetables to pair with cabbage include potatoes, leeks, onions, and carrots.

NUTRITION INFORMATION

- ½ cup of cabbage counts as ½ cup in the MyPyramid.gov Vegetable Group. For a 2,000-calorie diet the daily recommendation is about 2 ½ cups of vegetables.
- ½ cup of cabbage provides 45% of the daily recommended amount of vitamin C.

FOOD SAFETY INFORMATION

- Keep cabbage that is going to be eaten raw away from raw meat, poultry, or seafood and from the kitchen tools used with the meat, poultry, or seafood.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ½ cup (75g) cooked cabbage drained and chopped

| Amount Per Serving | | | |
|---------------------------|------|-------------------|-----------|
| Calories | 20 | Calories from Fat | 0 |
| % Daily Value* | | | |
| Total Fat | 0g | | 0% |
| Saturated Fat | 0g | | 0% |
| Trans Fat | 0g | | |
| Cholesterol | 0mg | | 0% |
| Sodium | 20mg | | 1% |
| Total Carbohydrate | 5g | | 2% |
| Dietary Fiber | 2g | | 8% |
| Sugars | 2g | | |
| Protein | 0g | | |
| Vitamin A | 0% | Vitamin C | 45% |
| Calcium | 2% | Iron | 2% |

*Percent Daily Values are based on a 2,000 calorie diet.

SIMPLE COLESLAW

MAKES 6 SERVINGS

Ingredients

- 6 cups cabbage, shredded
- 1 carrot, cleaned, peeled, and shredded
- 2 tablespoons light mayonnaise
- ½ cup cider vinegar (or white vinegar)
- ¼ cup sugar
- 1 teaspoon mustard (or dry mustard seed)
- 2 teaspoons celery seed (if you like)
- ¼ teaspoon salt

Directions

1. Place the shredded cabbage and carrots in a large bowl.
2. In a separate bowl add mayonnaise, vinegar, sugar, mustard, and salt. If using celery seed, add that too.
3. Mix the cabbage and carrots well with the dressing.
4. Chill in the refrigerator for at least 1 hour before serving.

Nutritional Information for 1 serving (about 1 cup) of Simple Coleslaw

| | | | | | | | |
|--------------------------|-------|---------------------------|--------|------------------|--------|------------------|-------|
| Calories | 100 | Cholesterol | 0 mg | Sugar | 12 g | Vitamin C | 25 mg |
| Calories from Fat | 30 | Sodium | 140 mg | Protein | 1 g | Calcium | 53 mg |
| Total Fat | 3.5 g | Total Carbohydrate | 16 g | Vitamin A | 92 RAE | Iron | 1 mg |
| Saturated Fat | 0.5 g | Dietary Fiber | 2 g | | | | |

Recipe adapted from RecipeZaar.com.

BUBBLY BAKED CABBAGE

MAKES 8 SERVINGS

Ingredients:

- 6 cups cabbage, shredded
- 3 ounces of tomato paste (about ½ of a 6 ounce can)
- ¾ cup water
- ¼ teaspoon salt
- ⅛ teaspoon black pepper
- 2 teaspoons sugar
- 1 cup low-fat cheddar cheese, grated
- ½ cup bread crumbs
- 4 tablespoons margarine

Directions:

1. Preheat oven to 350 degrees F.
2. Fill a large pot half full of water and bring to a boil.
3. Add cabbage to the pot and cook 2 minutes. Drain cabbage and return to the pot.
4. In a separate saucepan, combine tomato paste, water, salt, black pepper, and sugar. Bring to a boil, stirring until smooth.
5. Pour tomato mixture over cabbage. Toss to coat. Pour into a casserole dish.
6. Top with cheddar cheese and bread crumbs. Put margarine on top.
7. Bake for 15 minutes. Serve hot.

Nutritional Information for 1 serving of Bubbly Baked Cabbage

| | | | | | | | |
|--------------------------|-----|---------------------------|--------|------------------|--------|------------------|--------|
| Calories | 130 | Cholesterol | 5 mg | Sugar | 5 g | Vitamin C | 27 mg |
| Calories from Fat | 60 | Sodium | 370 mg | Protein | 6 g | Calcium | 102 mg |
| Total Fat | 7 g | Total Carbohydrate | 12 g | Vitamin A | 77 RAE | Iron | 1 mg |
| Saturated Fat | 1 g | Dietary Fiber | 2 g | | | | |

Recipe adapted from Peggy Trowbridge Filippone, Homecooking.about.com.