

12 Great Ways to Use...

Cabbage

The wide variety of cabbage available in the supermarket means nearly endless ways of incorporating this humble, healthy ingredient into family meals. Bok choy, green, napa (or Chinese), red, and savoy (or curly) cabbages are excellent sources of vitamins C and K. Look for tight heads of cabbage and discard any loose or browned leaves. Avoid overcooking cabbage to keep your kitchen free of that notorious smell.

- 1.** Coarsely chop bok choy and drop it into chicken or vegetable soup.
- 2.** Cut napa cabbage into thin shreds and toss with a simple vinaigrette (1 part acid like vinegar or lemon juice to 2 parts oil like olive or walnut; use fresh herbs, mustard, honey, and/or spices for seasoning). Top with a handful of chopped nuts, sunflower seeds, or roasted squash seeds.
- 3.** Shred napa or savoy cabbage and use it in place of or in addition to lettuce in wraps and tacos.
- 4.** Use the white ends of napa cabbage, cut in wide strips, to scoop up dips like hummus or baba ghanoush.
- 5.** Substitute finely chopped napa or green cabbage for the celery in Waldorf salad, chicken or tuna salad, or whole-grain salads.
- 6.** Roughly chop and sauté baby bok choy and chopped broccolini with garlic and olive oil for a quick and easy side dish.
- 7.** Cut a head of red or green cabbage in half through the core, lay the cut sides down and slice into 1 to 2-inch pieces. Brush both sides with oil and sprinkle with salt. Grill on a well oiled grate or grill pan until charred.
- 8.** Braise red cabbage with onions, apples, and apple cider vinegar for a flavorful side dish.
- 9.** Combine shredded red cabbage with julienned beets and a pinch of orange zest. Dress with a homemade vinaigrette for a variation on a side salad.
- 10.** Simmer large savoy or green cabbage leaves until soft, about 5 minutes, and then fill with seasoned rice, quinoa, or whole-wheat couscous. Simmer in tomato sauce or broth until the cabbage is tender and the rolls are heated through.
- 11.** Slice a head of savoy cabbage into 6 wedges and dress with Dijon vinaigrette (1 teaspoon of Dijon mustard, ¼ cup vinegar, ½ cup olive oil, a pinch of salt and a dash of garlic powder). Roast at 425°F for 30-35 minutes until the cabbage begins to brown. Remove from the oven and top with toasted walnuts and a drizzle of Dijon vinaigrette.
- 12.** Ferment your cabbage. Make pickled cabbage, sauerkraut, or kimchi.



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