



Cabbage

Vegetable - Cruciferous

Food Facts

Serving Size = 1 cup chopped

- **Varieties** - Different cabbages provide a great twist to traditional dishes. Check out Red Cabbage, Napa Cabbage, and Bok choy.
- **Storage** - Stored in a plastic bag in your refrigerator, cabbage will keep for several weeks. Spoiled cabbage will have soft and discolored leaves.
- **Vegetables** - Cabbage is rich in vitamin C, fiber, and vitamin K.



How to Use

- **Pickle it** - Mix chopped red cabbage with vinegar and sugar and let sit for several hours in the refrigerator.
- **Bulk Up a Dish** - Finely chop cabbage and add some volume to your sandwich, tacos, stir fry, soups, and more!
- **Make a Slaw** - Coleslaw is an easy-to-prepare dish that often only takes 3-4 ingredients.



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Apple Coleslaw

Serves: 4

Ingredients

- **2 cups** shredded cabbage
- **1 medium carrot**, grated
- **1/2 medium green pepper**, chopped
- **1 medium apple**, chopped
- **5 tablespoons yogurt, low-fat**
- **1 tablespoon mayonnaise, low-fat**
- **1 teaspoon lemon juice**
- **1/4 teaspoon dill**



Nutrition Information

Serving Size: 1/4 of recipe (126g)

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Nutrients	Amount
Total Calories	61
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	1 mg
Sodium	59 mg
Carbohydrates	11 g
Dietary Fiber	2 g
Total Sugars	7 g
Added Sugars included	0 g
Protein	2 g
Vitamin D	0 mcg
Calcium	59 mg
Iron	0 mg
Potassium	222 mg

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Instructions

1. Wash the cabbage. Cut it into fine shreds, until you have 2 cups of cabbage.
2. Peel the carrot. Grate it with a grater.
3. Chop half a green pepper into small pieces.
4. Remove the core, and chop the apple.
5. Put the cabbage, carrot, green pepper, and apple in a large mixing bowl. Stir together.
6. Put the yogurt, mayonnaise, lemon juice, and dill in a small bowl. Stir together to make a dressing.
7. Pour the dressing over the salad. Toss to mix.
8. Add salt and pepper to taste.