



## Kentucky Cabbage

**Season:** June through July and September through November.

**Nutrition Facts:** Cabbage is low in fat and calories and rich in vitamin A.

**Selection:** Leaves should be crisp and free of insects and decay. Avoid burst heads.

**Storage:** Cover loosely and store in refrigerator for up to 2 weeks. Wash just before using.

**Preparation:** To boil: Do not use an aluminum pan. Cut cabbage into quarters and boil in water for 10 to 15 minutes until tender. Drain and serve hot.

**To steam:** Place cabbage (shredded, wedges, or whole leaves) into steamer basket. Cook for 12 to 15 minutes, until tender. To bring out natural flavor, add apples, pears, raisins, curry, caraway, dill, or onions.

Prepared by Pam Sigler and Sarah Brandl. Adapted from *Vegetables for Wellness: Kentucky Cabbage* (FSHE-9), Sandra Bastin, Ph.D., R.D. L.D., Food and Nutrition Extension Specialist.

For more information, contact your county's Extension agent for Family and Consumer Sciences or visit the Web site for Family and Consumer Sciences, College of Agriculture, University of Kentucky, at <[www.ca.uky.edu/agcollege/fcs](http://www.ca.uky.edu/agcollege/fcs)>.

## Cabbage Au Gratin

4 cups cabbage, shredded

4 tablespoons butter or margarine, melted

1½ tablespoons all-purpose flour

½ teaspoon salt

1 cup milk

1 cup Cheddar cheese, shredded

1 cup soft bread crumbs

Boil cabbage in water (enough to cover) for 5 minutes; drain. Make white sauce by combining 2 tablespoons melted butter, flour, and salt in a saucepan. Cook over low heat, stirring constantly, until bubbly. Gradually add milk. Cook, stirring constantly, until smooth and thick. Alternate layers of cabbage, cheese, and white sauce in a greased 1½-quart casserole dish. Combine bread crumbs and 2 tablespoons melted butter. Sprinkle crumb mixture over casserole. Bake at 350°F for 25 minutes.

Yield: 8 servings.

*Nutritional Analysis: 190 calories, 7 g protein, 15 g carbohydrate, 1 g fiber, 11 g fat, 20 mg cholesterol, 440 mg sodium.*

## Cole Slaw

1 small head cabbage, shredded

3 medium carrots, shredded

1 cup mayonnaise

⅓ cup sugar

¼ cup cider vinegar

In a large bowl, combine cabbage and carrots. In a small bowl, combine mayonnaise, sugar, and vinegar. Pour over cabbage mixture and toss to coat. Yield: 10 servings.

*Nutritional Analysis: 130 calories, 1 g protein, 17 g carbohydrate, 2 g fiber, 7 g fat, 5 mg cholesterol, 170 mg sodium.*