



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.

Cabbage Pecan Toss

4 cups cabbage, coarsely shredded

½ cup carrot, shredded

¼ cup onion, sliced

2 tablespoons water

1 tablespoon margarine or butter, melted

1 teaspoon Dijon-style mustard

¼ cup chopped pecans, toasted

In a large pan combine cabbage, carrot, onion, and 2 tablespoons water. Cook, covered, over medium heat for 5 to 7 minutes. Drain. Add margarine or butter, mustard, and pecans. Stir together and serve hot.

Yield: 8 servings.

Nutritional Analysis: 55 calories, 1 g protein, 4 g carbohydrate, 2 g fiber, 4 g fat, 4 mg cholesterol, 40 mg sodium.

Prepared by Pam Sigler. 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>.