

# Fruit & Vege Co-op



## Cabbage

STORAGE	PREPARATION
Refrigerate in vegetable drawer	<ul style="list-style-type: none"><li>- Remove tough outer leaves and cut cabbage into quarters. Cut out the thick core of each</li><li>- Rinse cabbage quarters well and slice thinly</li></ul>
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none"><li>- Stir fry in a little oil and garlic, add one apple, sliced or grated</li><li>- Cook in a frying pan with a can of crushed pineapple (including juice)</li></ul>	<ul style="list-style-type: none"><li>- Add cabbage to stir fries (near the end of cooking)</li><li>- Add to vegetable soups, salads and stews</li></ul>
COOKING	
<ul style="list-style-type: none"><li>- Boil in a covered pot of water for 2-3 minutes or until just tender and slightly crunchy</li><li>- Steam over boiling water for 4 minutes or until just tender</li><li>- Microwave on high for 2 minutes in a covered container with a little water</li></ul>	
<b>RECIPE: Coleslaw (serves 6x)</b> <span style="float: right;"><i>Source: Everyday Meal and Snack Ideas</i></span>	
4 cups cabbage, very finely sliced 1 large carrot, grated 1 tbsp diced onion ¼ cup mayonnaise (low fat) and/or natural yoghurt ½ tsp chopped garlic (optional)	
<ol style="list-style-type: none"><li>1. Combine the cabbage, carrot and onion in a large bowl.</li><li>2. Mix through the dressing and garlic</li><li>3. Serve coleslaw with a main meal, in sandwiches or with baked potatoes</li></ol>	
<b>Variations:</b>	
<ul style="list-style-type: none"><li>- Add grated apple, orange segments or raisins before serving for a sweeter taste</li><li>- Add parsley, chopped chives, peppers or spring onion</li><li>- Use a variety of green and red cabbage</li><li>- Thin dressing with low fat milk or unsweetened low fat yoghurt to make it go further</li></ul>	

All recipes are available on our website by visiting [www.rph.org.nz](http://www.rph.org.nz) > Nutrition > Fruit and Vege Co-op