

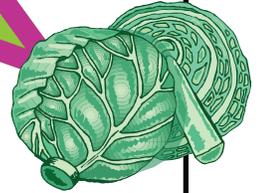
Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

The produce of the week is... Cabbage

You can find POW! info sheets on the EHHD website!

www.ehhd.org

Look for
Produce Of the Week



What vegetable is easy to grow and tolerates cold weather well?

CABBAGE!

- ◆ Cabbage is one of the oldest vegetables around.
- ◆ Look for cabbage that is solid and heavy in the hand.
- ◆ Cut cabbage right before it is ready to be eaten or cooked in order to keep the vitamin C levels high.
- ◆ The most common types of cabbage in the U.S. are the green, red and Savoy varieties.
- ◆ Two types of Chinese cabbage are in most stores: bok choy & napa

Source: www.fruitsandveggiesmatter.gov

Nutrition Facts:

- This veggie is high in vitamin C.
- Cabbage contains no fat or cholesterol and very little sodium.
- A typical serving size is 1/2 cup (cooked or raw), which contains about 10 calories.

Did you know ?

- ◆ Cabbage is the main ingredient in coleslaw and sauerkraut?
- ◆ Keeping cabbage cold helps to retain the vitamin C content.
- ◆ Raw, fresh cabbage has the highest vitamin C content

Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7





Eastern Highlands Health District

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Try these delicious, nutritious and healthy recipes!

Cabbage Patch Stew

INGREDIENTS

- ◆ 1 lb skinless, boneless chicken breast, raw
- ◆ 1 large onion, chopped
- ◆ 1 lb shredded cabbage (or bag of Cole slaw mix)
- ◆ 15 oz can of Great Northern beans (with liquid)
- ◆ 15 oz can of diced tomatoes (with garlic & onion if available)

DIRECTIONS

1. In a large pot with a lid, cook chicken on medium temperature with the pot covered, until chicken is tender and no longer pink in the middle. Cut into small chunks with a spatula (in the pot) or on a cutting board (and return to pot).
2. Add all other ingredients and simmer in covered pot for about 30 minutes on a medium low temperature.

Stuffed Cabbage Rolls

INGREDIENTS

- ◆ 2/3 cup water
- ◆ 1/3 cup uncooked brown rice
- ◆ 8 cabbage leaves
- ◆ 1 pound lean ground beef
- ◆ 1/4 cup chopped onion
- ◆ 1 egg, slightly beaten
- ◆ 1 teaspoon salt
- ◆ 1/4 teaspoon ground black pepper
- ◆ 1 (10.75 oz) can condensed tomato soup

DIRECTIONS

1. Cook rice as directed on package
2. Bring a large, wide saucepan of lightly salted water to a boil. Add cabbage leaves and cook for 2 to 4 minutes or until softened; drain.
3. In a medium mixing bowl, combine the ground beef, 1 cup cooked rice, onion, egg, salt and pepper, along with 2 tablespoons of tomato soup. Mix thoroughly.
4. Divide the beef mixture evenly among the cabbage leaves. Roll and secure them with toothpicks or string.
5. In a large skillet over medium heat, place the cabbage rolls and pour the remaining tomato soup over the top. Cover and bring to a boil. Reduce heat to low and simmer for about 40 minutes, stirring and basting with the liquid often.

Recipe modified from morematters.org

Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!