



CRUCIFEROUS CABBAGE



Ounce for ounce, cabbage contains as much vitamin C as orange juice. However, cutting or shredding the cabbage too far in advance of serving will lead to a loss in vitamin C. Cabbage is also loaded with fiber, which helps to keep you healthy.

STIR-FRIED VEGETABLES

(Make this with an adult)

- 2 tablespoons cooking oil
- 1 cup carrots, sliced
- 1 cup broccoli, chopped
- 1/2 cup corn, frozen
- 1 cup red cabbage, shredded
- 1 cup mushrooms, sliced
- 2 tablespoons stir-fry sauce (see below)

Wash fresh vegetables, pat dry with a clean paper towel and cut. In a large skillet, heat oil until the heat can be felt when your hand is held about 3 inches from the bottom of the pan. Add the carrots and stir until they are lightly coated with oil. Next, add the broccoli, corn, cabbage and mushrooms. Stir after each addition to coat lightly with oil. Add the stir-fry sauce, cover and cook for 3 minutes.

Stir-fry sauce: Combine 1 tablespoon soy sauce, 3 tablespoons water, 1 tablespoon cornstarch.

Did You Know?

- Cabbage is an inexpensive food that is easy to grow, tolerates cold weather, and keeps well.
- In supermarkets, the most common varieties of cabbage are green, red, and Savoy. The green cabbage has a solid head, and the red cabbage is similar in flavor to green, but has ruby red to purple leaves. Savoy cabbage has ruffled yellow-green leaves, and has a more loosely formed head than the others.
- Cabbage contains sulfurous compounds that, when heated, gives off a strong smell.
- Cabbage is a member of the large family of cruciferous vegetables, including Brussels sprouts, cauliflower, kale and broccoli.



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