

HARVEST OF THE MONTH  
 NEWSLETTER 1/2021

**JANUARY**
**cabbage**
**FUN FACTS**

- Cabbage is one of the oldest known vegetables! Red cabbage is one of the many varieties grown around the world.
- Cabbage is Russia's national food. Russians eat about seven times as much cabbage as the average North American.

**NUTRITION INFO**

One cup of raw cabbage has 22 calories and provides fiber and vitamins A & C.


**Savory Roasted Cabbage**

Serves 5

**Ingredients:**

- 1-pound cabbage, roughly chopped with core removed
- 2 Tbsp. olive oil
- ½ tsp. salt
- ¼ tsp black pepper

**Directions:**

Preheat oven to 400°F. Place cabbage in a large bowl. Add olive oil, salt and pepper; toss until evenly coated. Spread seasoned cabbage onto a sheet pan and place in oven for 10-15 minutes, stirring occasionally. When edges begin to brown, remove from oven and serve warm.

**PICK**

Choose firm, heavy cabbage heads with unblemished leaves. Cabbage can be found as whole heads or shredded near bagged salad mixes.

**STORE**

Store cabbage tightly wrapped in the refrigerator and use within a few weeks. Once cut, place the remainder in a plastic bag or covered container and use within a few days.

**PREPARE**

To prepare cabbage, remove the thick outer leaves, slice in half, and remove the hard white core. Wash thoroughly and slice into desired thickness.

**USE**

Cabbage can be steamed, microwaved, boiled, roasted, or made into coleslaw or sauerkraut. Cabbage is a great addition to casseroles, stews, salads and soups.

Per serving (1/2 cup): 70 calories, 6g fat, 1g saturated fat, 1g protein, 5g carbohydrate, 2g fiber, 250mg sodium

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