



Fried Cabbage

Serves: 4

You will need:

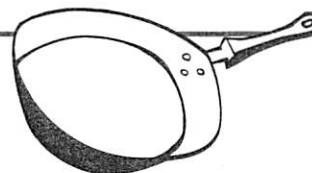
- 1 head of cabbage, cored and sliced
- 1 bell pepper, chopped (optional)
- 1 onion, chopped
- 1 tablespoon vegetable oil
- 1/2 teaspoon garlic powder
- 1 bouillon cube, chicken or beef
- 1/3 cup water
- 1/4 teaspoon black pepper

What to do:

1. Mix cabbage, pepper and onion in a bowl.
2. Heat oil in frying pan. Add cabbage mixture and stir fry for about 1 minute.
3. Immediately add garlic powder, bouillon cube, and water. Cover pan.

4. When water comes to a boil, turn down heat and simmer for 15 minutes. Add black pepper.
5. Best when served immediately.

MORE MATTERS: Cabbage is rich in vitamin C; 1 cup shredded raw cabbage (green) has 22mg of vitamin C. The longer the cabbage is stored, the more vitamin C lost. Use small amount of water to cook cabbage some vitamins are lost in the water.



Vegetables



WASH

Wash cabbage and other produce under running water. It is more effective than soaking produce in a sink of water.

Don't use soap, detergent or bleach to clean produce.

Fruit and vegetable washes sold in stores are expensive and unnecessary.

CHILL

You can keep your cabbage fresh longer by:

- Storing it in the refrigerator.
- Keeping it wrapped. (Or, buy an inexpensive plastic lettuce container.)
- Using portions of a head of cabbage within a couple of days.



When shopping for cabbage:

- Look for well-trimmed heads, heavy for size and solid.
- Leaves should be crisp, and the stem end should be dry.
- Avoid decayed, burst or broken heads. Yellowed, wilted leaves means the cabbage is not fresh.

Nutritional Information:

Serving size: 1 serving equals 100 calories, 4g fat (6% DV), 0g saturated fat (2% DV), 0g trans fat, 0mg cholesterol, 270mg sodium (11%), 17g carbohydrate (6% DV), 6g fiber (24% DV), 4g protein



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