



Pick a better snack – Cabbage Wash. Eat. How easy is that?

March begins California's peak cabbage season. Take advantage by purchasing this leafy vegetable and trying different ways to prepare it!

According to Cato, the ancient Roman politician and general, "The cabbage surpasses all other vegetables." While Cato was fond of eating cabbage leaves seasoned with vinegar, there are many other ways to enjoy this low-calorie, fat-free food. Salads, sandwiches, soups and stews are only the beginning!

When choosing a quality cabbage, pick one that feels heavy for its size, with compact leaves and even color. Avoid cabbages with discolored leaves or splits. Rinse with cold water and remove any wilted leaves before using.

Also look for bags of shredded cabbage. Be sure to check the expiration date on the bag. This is a bit more expensive than buying a whole cabbage and shredding it yourself, but it may be a lot more convenient.

Take cabbage with you!

- Mix shredded cabbage leaves with prepared low-fat coleslaw dressing for a quick and easy salad. Try mixing in apple pieces, or raisins, or drained canned pineapple tidbits.
- Chop cabbage leaves and add to your favorite soup – canned soup is fine. Cook just until cabbage leaves are wilted and tender. Soup makes a great snack on a cold afternoon.
- Corned beef and cabbage is a popular St. Patrick's Day dish. Quarter a head of cabbage and cut out the core. Put in a pan with a small amount of water and steam until tender. Or cook in a microwave. Don't overcook!

Quick Nibble:

In China, scrolls from 1000 B.C. were uncovered that mention white cabbage as a cure for baldness in men! Though cabbage won't put hair on a bald head, it is full of Vitamin C, an important antioxidant.

For more nutrition information, contact your local Extension Office. Click here www.oznet.ksu.edu/fnp/Staff/FNP_Counties.html

Funding provided by Food Assistance Program and the United Methodist Health Ministry Fund. Pick a **better** snack campaign developed by the Iowa Nutrition Network and Iowa Team Nutrition.

