



Cabbage Comfort

Servings: 4

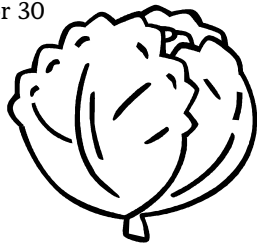
Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

Ingredients:

- 1 onion, sliced
- 1 teaspoon vegetable oil
- 1 pound cabbage, sliced
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 teaspoon caraway seeds

Directions:

1. Wash hands and surfaces.
2. In a large sauté pan, heat oil.
3. Over medium heat, sauté onion until light brown, about 5 to 6 minutes.
4. Add sliced cabbage, salt, black pepper and caraway seeds.
5. Stir and cook for 30 minutes.
6. Refrigerate leftovers immediately.



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Nutrition Facts

Amount Per Serving

Calories 50

Calories from Fat 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Total Carbohydrate 9g **3%**

Dietary Fiber 3g **12%**

Sugars 1g

Protein 2g

Vitamin A 2% Vitamin C 100%

Calcium 6% Iron 4%

Tips:

- Cabbage has fiber and is low in calories. The vitamin C in cabbage may reduce the risk of heart disease and some cancers. Potassium, which helps maintain healthy blood pressure, is also found in cabbage.
- ☺ Make mealtime a family time — cook, eat and talk together.
- ☺ They learn from watching you — eat fruits and veggies and your kids will, too.

Source: SNAP-Ed Connection Recipe Finder, adapted from 5-A-Day Web site, National Cancer Institute

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For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp/