



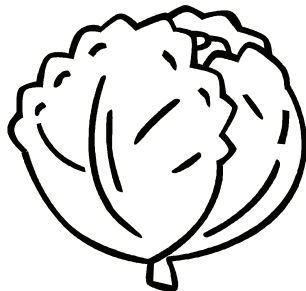
## Cabbage Comfort

Servings: 4

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

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

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.



## Nutrition Facts

servings per container

**Serving size** (142g)

Amount per serving

**Calories** **50**

% 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 11%

Total Sugars 5g

Includes 0g Added Sugars 0%

**Protein** 2g

Vitamin D 0mcg 0%

Calcium 52mg 4%

Iron 1mg 6%

Potassium 233mg 4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Helpful 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 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 resource center or go online to [mydss.mo.gov/food-assistance](http://mydss.mo.gov/food-assistance)