

CABBAGE



HOW TO USE

Add it to a soup or stew; Add thinly sliced cabbage to a sandwich for some extra crunch.

HELPS SUPPORT

Immune system, heart health, and digestion.

HOW TO STORE

Keep it in a plastic bag in the refrigerator for up to 1 week. Once it's cut, store it in the refrigerator for up to 1 day.

SAUTÉED CABBAGE

Servings: 6

Preparation Time: 15 Minutes

INGREDIENTS

- 4 cups cabbage, cored and thinly sliced
- ½ cup onion, diced
- 1 garlic clove, diced
- 2 teaspoons oil
- A pinch of salt and pepper



Photo: Leah's Pantry

INSTRUCTIONS

1. In a large frying pan or skillet, over medium heat, heat the oil.
2. Add the onion and garlic and cook them for 5 minutes.
3. Add the cabbage, and cook the mixture for another 5 minutes.
4. Season with salt and pepper.

Adapted from the City and County of San Francisco, Department of Public Health, Nutrition and Mission Latino Family Partnership (MLFP) via EatFresh.org