

CABBAGE



HOW TO USE

Slice it thinly and add it to a green salad, tuna salad, or rice dish; Steam cabbage wedges for about 6 minutes, then sprinkle them lightly with salt and pepper or low fat shredded cheese.

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.

HELPS SUPPORT

Immune system, heart health, and digestion.

SIMPLE TACOS

Servings: 6

Preparation Time: 25 Minutes

Note: you can substitute the lean meat or fish with beans and rice

INGREDIENTS

- 1 pound lean meat or fish of your choice
- 1 tablespoon oil
- 2 tablespoons lemon juice
- ½ package taco seasoning, or a mixture of salt, paprika, and chili powder
- 12 corn tortillas, warmed
- 2 cups cabbage, chopped thinly
- 2 cups salsa or tomatoes, chopped

Optional

- 6 tablespoons low fat plain yogurt or sour cream



Photo: CDPH, NEOPB

INSTRUCTIONS

1. In a medium bowl, combine the lean meat or fish, oil, lemon juice, and taco seasoning, and mix them well.
2. Pour the lean meat or fish mixture into a large pan.
3. Cook the meat or fish, stirring constantly, over medium-high heat for 4-5 minutes or until fully cooked.
4. Fill warmed tortillas with lean meat or fish mixture, and top with the cabbage, salsa or tomatoes, and sour cream or yogurt (optional). Sprinkle each taco with lemon juice.

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