

Cabbage Cooking Tips:

- Cut cabbage head first into quarters, then diagonally across the wedge. Cut into thick slices for tossing raw into salads, or cut into thicker slices for steaming or boiling.
- Eat cabbage raw or lightly cooked. Over cooked cabbage may produce a strong odor and flavor.
- Steam wedges of cabbage for 5 – 7 minutes. Top with butter and a pinch of salt & pepper or some grated cheese.
- Boil cabbage for 5 minutes with a chopped onion and add to mashed potatoes.
- Cabbage is well known in coleslaw. Chop cabbage to bite-size pieces, and then toss with shredded raw carrots and green onion. Other diced or grated raw vegetables may be added. Add a mayonnaise/yogurt dill dressing or vinaigrette.