

FRUIT/VEGETABLE OF THE MONTH!

MAY'S FEATURED VEGGIE IS CABBAGE

CABBAGE FACTS:

Cabbage is a leafy green, red, or white plant grown as an annual vegetable crop for its dense-leaved heads.

The first round-headed cabbages appeared in 14th century England. The first cabbage in America arrived in 1541-1542.

Cabbage is packed with nutrients and is an excellent source of fiber, vitamins C, K and B6, and is low in saturated fat.

The largest cabbage dish was 2,040 pounds according to the Guinness Book of World Records.

HEALTH BENEFITS OF EATING CABBAGE

- Contains antioxidants that may help reduce inflammation
- Helps keep the digestive system healthy
- May reduce the risk of heart disease and diabetes
- Excellent source of vitamins C and K
- May help lower blood pressure levels
- Could help to lower cholesterol levels

WAYS TO ENJOY CABBAGE:

- Pickled
- Fermented (for dishes such as sauerkraut)
- Steamed
- Stewed
- Sauteed
- Braised
- Raw
- In a soup

RECIPE: HEALING CABBAGE SOUP

Servings: 8 | Total time: 75 min

Ingredients

- 3 tablespoons olive oil
- ½ onion, chopped
- 2 cloves garlic, chopped
- 2 quarts water
- 4 teaspoons chicken bouillon granules
- 1 teaspoon salt, or to taste
- ½ teaspoon black pepper, or to taste
- ½ head cabbage, cored and coarsely chopped
- 1 (14.5 ounce) can Italian-style stewed tomatoes, drained and diced

Directions

Step 1

In a large stockpot, heat olive oil over medium heat. Stir in onion and garlic; cook until onion is transparent, about 5 minutes.

Step 2

Stir in water, bouillon, salt, and pepper. Bring to a boil, then stir in cabbage. Simmer until cabbage wilts, about 10 minutes.

Step 3

Stir in tomatoes. Return to a boil, then simmer 15 to 30 minutes, stirring often.

