

Cabbage

Like many vegetables, cabbage can be eaten raw or cooked. Peel off the tough outer leaves and discard before preparing.

- Slice very thin (or shred), add chopped apples, and top with oil and vinegar for a simple salad
- Cut off whole leaves from the stem, steam in a pot with a small amount of water, and use as a wrap for any fillings
- Slice and cook in vegetable oil with sliced onions, then add sliced mushrooms and sausage. Top with tomato sauce for a quick nutritious meal.
- Wrap in plastic and store in refrigerator's crisper drawer



Cabbage

Like many vegetables, cabbage can be eaten raw or cooked. Peel off the tough outer leaves and discard before preparing.

- Slice very thin (or shred), add chopped apples, and top with oil and vinegar for a simple salad
- Cut off whole leaves from the stem, steam in a pot with a small amount of water, and use as a wrap for any fillings
- Slice and cook in vegetable oil with sliced onions, then add sliced mushrooms and sausage. Top with tomato sauce for a quick nutritious meal.
- Wrap in plastic and store in refrigerator's crisper drawer



Cabbage

Like many vegetables, cabbage can be eaten raw or cooked. Peel off the tough outer leaves and discard before preparing.

- Slice very thin (or shred), add chopped apples, and top with oil and vinegar for a simple salad
- Cut off whole leaves from the stem, steam in a pot with a small amount of water, and use as a wrap for any fillings
- Slice and cook in vegetable oil with sliced onions, then add sliced mushrooms and sausage. Top with tomato sauce for a quick nutritious meal.
- Wrap in plastic and store in refrigerator's crisper drawer



Cabbage

Like many vegetables, cabbage can be eaten raw or cooked. Peel off the tough outer leaves and discard before preparing.

- Slice very thin (or shred), add chopped apples, and top with oil and vinegar for a simple salad
- Cut off whole leaves from the stem, steam in a pot with a small amount of water, and use as a wrap for any fillings
- Slice and cook in vegetable oil with sliced onions, then add sliced mushrooms and sausage. Top with tomato sauce for a quick nutritious meal.
- Wrap in plastic and store in refrigerator's crisper drawer

