

## CABBAGE

*There are red, white, green and purple varieties, as well as an oblong shaped variety called Napa Cabbage. 90% of the cabbage is composed of water. Cabbage is high in fiber, and is beneficial for digestive health.*

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### BEST COOKING METHODS

- RAW
- BOILED
- STEAMED
- STIR-FRY

### RECIPE IDEAS

- SLAW
- WRAPS
- SOUP
- TACOS
- SALAD

### STORAGE

- Will last many weeks covered in the refrigerator.
- Even if outer leaves have begun to brown, remove and use for a stock, the inner leaves should remain fresh for use in any recipe.

### NUTRITION

- Good source of vitamin C, K, and folate.

### TIPS

- Remove outer wilted leaves and save them to use with other vegetable trimmings for a stock.
- In order to remove the core, slam the cabbage base down on a counter or hard surface, this will break the base and core to easily remove from the center.



## HOT & SOUR SOUP WITH MUSHROOMS, CABBAGE, AND RICE

- **1 tbsp** canola oil
- **4 ounces** cremini or shiitake mushroom caps, thinly sliced
- **1 to 3** jalapeno peppers, finely diced
- **6 cloves** garlic, minced
- **3-inch** piece ginger, grated (or 1 tablespoon ginger puree)
- **1 to 3** limes, zested and juiced
- **8 c** chicken broth (or turkey or vegetable)
- **1/2 c** jasmine rice
- **2 tbsp** soy sauce (or tamari, if gluten-free), plus more to serve
- **1/2** small head green cabbage, cut in half and shaved thin
- **Chili** garlic sauce or kimchi, to serve

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HEAT THE OIL IN A LARGE HEAVY POT OR DUTCH OVEN OVER MEDIUM-HIGH HEAT. ADD THE MUSHROOMS AND COOK FOR 5 MINUTES WITHOUT STIRRING. STIR THE MUSHROOMS AFTER 5 MINUTES AND COOK FOR 5 MORE MINUTES, OR UNTIL WELL-BROWNED. ADD THE DICED PEPPERS, GARLIC, AND GINGER AND COOK FOR ABOUT 5 MINUTES, OR UNTIL FRAGRANT AND SLIGHTLY SOFTENED. ADD THE LIME ZEST AND BROTH AND BRING TO A SIMMER. ADD THE RICE, COVER, AND SIMMER FOR ABOUT 20 MINUTES, OR UNTIL THE RICE IS JUST BARELY SOFT. ADD THE SHAVED CABBAGE, LIME JUICE, AND SOY SAUCE AND SIMMER FOR ANOTHER FEW MINUTES, OR UNTIL CABBAGE IS HOT. TASTE AND ADD MORE LIME JUICE, SOY SAUCE, OR OTHER SEASONINGS TO TASTE. SERVE WITH EXTRA SOY SAUCE, LIME WEDGES, AND KIMCHI OR CHILI GARLIC SAUCE.

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