Cabbage can be red, white, green, or purple, as well as round, oblong, flat, and even pointed. Some cabbages are very dense, while others are loose like heads of lettuce. Even though cabbage is 90% water, it is high in fiber, and beneficial for digestive health. Cabbage is also low-cost and has a very long shelf life in the fridge, making it a great staple year-round.

**Cooking**
If not using the entire head of cabbage, slice what you need off one side and leave the rest intact to keep it fresh. Cabbage can be eaten raw in salads or slaws, stir-fried, steamed, boiled, or included in soups and stews. Tender cabbages like Napa or Savoy can be cut in wedges and grilled. Use leftover cabbage for pickles, sauerkraut, or kimchi.

**Storage**
Cabbage will last up to 6 weeks wrapped tightly in the refrigerator. If the outer leaves begin to brown or dry out, remove them to reveal still-fresh layers underneath. Cabbage can also be frozen, pickled, or canned to extend its shelf life.
Rice Salad with Cabbage & Radish

Serves: 4  Total Time: 30 Minutes

Ingredients:
• 1 cup uncooked rice, preferably brown or wild variety
• 1 cup chicken or vegetable stock
• 1 ½ cups cabbage, very thinly sliced (any kind)
• 1 cup radishes, thinly sliced
• 3 tbsp olive oil
• 2 tbsp lime juice (or lemon juice or cider vinegar)
• ½ cup salsa (any kind)
• 1 tsp black pepper
• ¹/₃ cup crumbled fresh cheese, such as feta or queso fresco

Directions:
1. In a medium pot, bring chicken stock and 1 cup water to a boil. Add rice, cover tightly and reduce to a simmer until rice is cooked and liquid is absorbed (timing will vary based on type of rice: refer to package). Fluff rice with a fork, cover and set aside to cool. Drain any remaining liquid before using.
2. In a large bowl, stir together oil, lime juice, salsa, and black pepper. Add drained rice and toss until evenly combined. Toss in cabbage, radish, and cheese. Taste and season with salt and pepper as needed. Cover and refrigerate at least 20 minutes, or until ready to serve.

Quick Tips:
• Try spicy salsa, green salsa, or even a fruit salsa with this recipe!
• For a sweet and spicy twist, replace salsa with 2 tsp Sriracha or other hot sauce and one small can (8oz) crushed pineapple with juice.
• Brighten up the flavors with some fresh herbs: try parsley, cilantro, basil, or chives.