

Cabbage

Health Benefits

- Great source of vitamins and fibre that supports digestive health.
- May protect against certain cancers.

Storage

In refrigerator.

Preparation

Remove first couple outside layers and rinse well. Cut cabbage in half and remove core. Cabbage can be eaten raw or cooked. Cut into slices or grate into soups or salads.



Coleslaw

Ingredients:

Cabbage, red and green, grated

Carrots, grated

Onions, chopped finely

Mayonnaise

Salt and pepper to taste



Directions:

1. Combine cabbage, carrots, and onions together and mix well.
2. Mix in mayonnaise. Be careful not to add too much!

*Recipe adapted from inspiredtaste.net