



Cabbage Comfort

Servings: 4

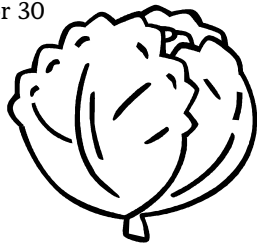
Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

Ingredients:

- 1 onion, sliced
- 1 teaspoon vegetable oil
- 1 pound cabbage, sliced
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- 1 teaspoon caraway seeds

Directions:

1. Wash hands and surfaces.
2. In a large sauté pan, heat oil.
3. Over medium heat, sauté onion until light brown, about 5 to 6 minutes.
4. Add sliced cabbage, salt, black pepper and caraway seeds.
5. Stir and cook for 30 minutes.
6. Refrigerate leftovers immediately.



Cabbage Comfort

Nutrition Facts

Amount Per Serving

Calories 50

Calories from Fat 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Total Carbohydrate 9g **3%**

Dietary Fiber 3g **12%**

Sugars 1g

Protein 2g

Vitamin A 2% Vitamin C 100%

Calcium 6% Iron 4%

Tips:

- Cabbage has fiber and is low in calories. The vitamin C in cabbage may reduce the risk of heart disease and some cancers. Potassium, which helps maintain healthy blood pressure, is also found in cabbage.
- ☺ Make mealtime a family time — cook, eat and talk together.
- ☺ They learn from watching you — eat fruits and veggies and your kids will, too.

Source: SNAP-Ed Connection Recipe Finder, adapted from 5-A-Day Web site, National Cancer Institute

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp/