

# Cabbage

## **Safety first:**

Be sure to wash your hands with warm, soapy water before and after preparing food. Rinse fresh fruits and vegetables, even those you peel, under running tap water.

## **FRESH** –

- Enjoy cabbage fresh. Create your own coleslaw recipe.

## **SOUPS** –

- Experiment with different variations of cabbage soup.

## **BOIL** –

- Cut cabbage into slices and bring a pot of water to a boil. Add cabbage to the pot and boil 5 to 10 minutes, then drain.

## **ROAST** –

- Heat oven to 425°F. Cut cabbage into wedges. On a baking sheet, toss and oil, salt, and pepper. Bake until cabbage is golden and tender, about 25 to 30 minutes.