Cabbage

Yield: 100 1/4 cup servings

Ingredients:
- 4 lbs cabbage, sliced, or leftover boiled cabbage, sliced
- 5 1/2 lbs cold crushed boiled potatoes or cold leftover mashed potatoes
- 16 slices bacon, chopped
- 3-4 onions, finely sliced
- 4 garlic cloves, chopped
- 4 Tbsp. butter

Directions:
1. Melt the butter in a non-stick pan, allow it to get nice and hot, then add the bacon.
2. As the bacon begins to brown, add the onion and garlic.
3. Add the cabbage and let it brown slightly.
4. Combine the bacon, onion, garlic and cabbage with the potatoes in a bowl and mix.
5. Grease sheet trays with canola oil.
6. Spread mixture evenly over sheet trays and bake for 20 minutes, or until the top is crispy.
7. Let cool, then cut into square

Source: http://www.bbcgoodfood.com/

Vegetarian Stuffed Cabbage Leaves

Yield: ~50 rolls

Ingredients:
- 7 head of cabbage
- 7 pepper, diced
- 3 1/2 cup uncooked brown rice
- 14 cloves garlic, minced
- 7 small onion, diced
- 1 #10 can of beans of your choice, drained and rinsed
- 1 #10 can tomato sauce
- 14 Tbsp. freshly squeezed lemon juice

Directions:
Filling:
1. Cook the rice according to package directions.
2. Sauté onion, garlic, and peppers on medium heat until cooked through.
3. Add beans and stir until heated.
4. Add cooked rice and stir until heated through.

Cabbage:
1. Remove the core of the cabbage by cutting deeply around its base with a paring knife and discard.
2. Bring 2 to 3 inches of water to a boil in a deep pot. Place the entire cabbage in the water, cover, and boil 7-10 minutes. Remove the cabbage from the water and cool under cold water.
3. Peel off 6-8 whole leaves from the cabbage
4. With a knife, cut off the thickest part of the cabbage stem at the base of each leaf, so that they are similar in thickness to the rest of the leaf.

Sauce and stuffing:
1. Mix tomato sauce and lemon together and pour over each stuffed cabbage.
2. Place ~1/4 to 1/2 cup of rice mixture, depending on leaf size, in the center of each leaf.
3. Fold the right and left edges of the leaf in toward the center, then roll the leaf forward, tucking in the sides until reaching the far end of the leaf. Place on baking dish.
4. Pour the sauce over the top of each cabbage roll and cover baking dish.
5. Bake at 350 °F for ~40-45 minutes, or until tender.

Cabbage

**Benefits**
Raw cabbage is an excellent source of vitamin C and folic acid (B9), as well as a good source of vitamin K. Along with other Brassicas, cabbage contains anti-cancer compounds referred to as glucosinolates.

**Selection Tips**
- The cabbage head should be compact, with crisp outer leaves that are free of insect damage and bruises. Take note that a perfectly edible cabbage may be below a few damaged outer leaves.

**Storage Tips**
- Cabbage will keep for about two weeks, if kept in the vegetable drawer of a refrigerator.
- Once cabbage is cut, wrap tightly in plastic for storage.
- Cabbage can be frozen after being blanched—1 minute for shredded and 2 minutes for wedges.
- For long-term storage, you can also make large batches of sauerkraut.

**Kid-Friendly Eating Tips**
- Add cabbage to your favorite vegetable soup.
- Add raw cabbage to any salad.
- Shred cabbage into dishes such as stews or curries.
- Sauté cabbage with onion and add to pasta.
- Use cabbage leaves as a wrap substitute.

**Cooking Tips**
- Peel off any outer leaves that are damaged and check for cabbage worms. If the cabbage is insect free, it can be washed under running water.
- To rid cabbage of insects, soak in salt water for 15-20 minutes.
- When cooking, use very little water, about ¾ inch. Once the water is boiling, add the cabbage and cook briefly, as it easily overcooks.