



# CABBAGE

## Recipes

# STEAMED CABBAGE WRAPS

- 4 Florida cabbage leaves
- 1/2 pound deli turkey, sliced thin
- 1/4 Florida onion, thinly sliced
- 1/2 Florida tomato, thinly sliced
- 1/4 pound jalapeño cheese, sliced

Cut the rib out of the cabbage leaf. Place between two damp paper towels and steam in the microwave for 30 seconds. On each leaf, place a slice of turkey, a slice of onion, a slice of tomato and a slice of cheese. Roll up. Place filled leaves in a dish and microwave for 20 seconds. Serve.

Yield: 2 servings  
Per serving: Calories 278, Fat 11g  
Carbohydrates 11g, Protein 34g



# CABBAGE STUFFING

- 1 teaspoon olive oil
- 1 Florida sweet onion, diced small
- 1/4 pound brown sugar cured bacon, minced
- 1 head Florida cabbage, julienne
- 1 tablespoon butter
- 1 teaspoon black pepper and salt (to taste)

Place a medium size sauté pan on medium/high heat. Add olive oil to pan. Then add onion and bacon and cook until translucent. Blend in cabbage, butter, salt and pepper. Remove from heat and serve or use as a stuffing.

Yield: 6 servings  
Per serving: Calories 196, Fat 13g  
Carbohydrates 8g, Protein 41g

For more recipes and information about Florida fruits and vegetables, log on to the Florida Department of Agriculture and Consumer Services web site at [www.Florida-Agriculture.com](http://www.Florida-Agriculture.com)



# Fresh from Florida CABBAGE

**Florida cabbage** – crispy and crunchy. Believed to be native to Europe, cabbage in Florida grows mostly in the north and central parts of the state. It is available from November through June.

Florida cabbage is a crucifer, making it a relative of broccoli, greens, radishes, and Brussels Sprouts. Cruciferous vegetables may help reduce the risks of developing certain cancers. Ninety-nine percent of commercially produced Florida cabbage is green, with the remaining one percent of the product being purple/red. One cup of shredded raw cabbage contains 1.6 grams of fiber and 172 mg of potassium.

# Purchasing, Handling and Storing

**When selecting Florida cabbage,** look for well-trimmed heads which are solid and heavy for their size. The leaves should be crisp and fresh, free from wilting or discoloration on the outer leaves. Avoid cabbage with a dry stem. Cabbage bruises easily, which can hasten deterioration. Store Florida cabbage in the refrigerator for up to one week, but away from fruits and vegetables that produce ethylene gas (e.g. tomatoes, apples or peaches.) Once the cabbage has been cut, it will keep for up to two days.

Versatility and flavor make Florida cabbage an appealing addition to any kitchen. It can be shredded into salads and slaws, steamed, baked and boiled, and it complements meats, vegetables and fruits very well. For a twist on traditional coleslaw, make a dressing of vegetable oil, soy sauce, brown sugar, vinegar and season to taste. Add shredded cabbage to stir fry for a boost of fiber, flavor and crunch that will satisfy the palate.

**Florida cabbage is head and shoulders above the rest! Try these unique “Fresh from Florida” recipes.**

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