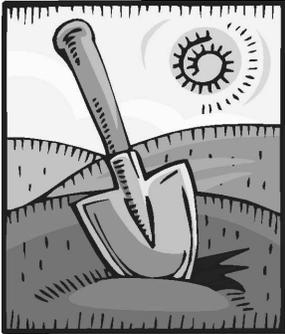




SMART SHOPPER TIPS & RECIPES

What do I do with cabbage?



Dig in...and enjoy!

Cabbage is not just for boiling...it's good for you! Cabbage is a great source of Vitamin C (which helps your body absorb iron in your food), fibre (which helps keep your 'gut' healthy) and folate (helps reduce birth defects).

Lazy Cabbage Roll Casserole

Makes 5 servings

Ingredients

- 1 lb ground beef, ground chicken or ground turkey
- 1 medium onion, chopped
- 3 Tbsp rice
- 1 can tomato soup
- 3 cups chopped cabbage



Directions:

- 1) Preheat oven to 325° Fahrenheit.
- 2) In a skillet, brown ground meat with onion, salt and pepper. Drain any excess fat from ground meat.
- 3) Add rice, cream of tomato soup, and one soup can of water. Cook on low for 10 minutes.
- 4) Place cabbage in greased two-quart casserole, then pour ground beef mixture over cabbage.
- 5) Bake casserole covered at 325° Fahrenheit for one-and-a-half hours.

NOTE: *Tomato juice can be used in place of soup.*

Canada's Food Guide to Healthy Eating recommends 5 to 10 servings per day of vegetables & fruits. For tips & practical suggestions, visit www.5to10aday.com

Cabbage Vegetable Soup

Ingredients

- 19 oz (1 large can) tomatoes (whole tomatoes may be crushed using a potato masher)
- 1 medium-sized green cabbage, shredded
- 1 medium turnip, chopped
- 1 cup carrots, sliced
- 2 medium potatoes (cut up in chunks)
- ½ cup celery, sliced
- 1 large onion, chopped
- ½ tsp pepper
- 1 tsp salt
- 2 Tbsp olive oil or other cooking oil
- 3 large bay leaves

Enough water to completely cover all vegetables in the pot.
(Remember, you can add or remove the vegetables you like)

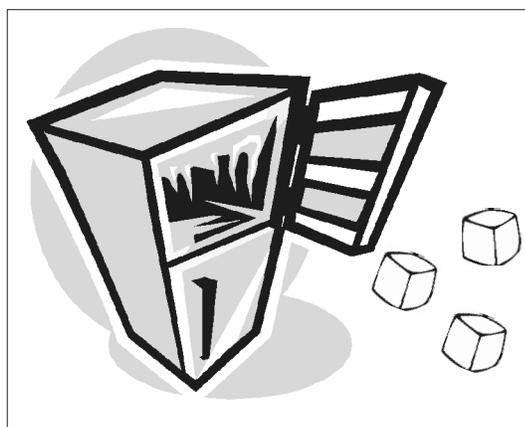
Directions:

- 1) In a large soup pot, add oil and raw vegetables and stir fry until cabbage wilts.
- 2) Add tomatoes, water and seasonings and bring to a boil.
- 3) Lower heat and simmer until vegetables are tender.
- 4) Adjust seasonings to taste.
- 5) Continue cooking 35 to 45 minutes, stirring occasionally.



Healthy Hint

Green or red cabbage leaves make great bowls for dip on a vegetable tray.



Cabbage on Ice

- You can freeze cabbage and use it in either of these recipes later.
- To store cabbages for several weeks, place in a bag and refrigerate.