



Cabbage Recipes


 @thewildharvest

Created by: Megan King, Dietetics Student

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Coleslaw

Ingredients:

1 head of cabbage
 2 carrots
 2 celery stalks
 1 fennel bulb
 1/2 cup parsley
 1 Tbsp honey
 1/2 cup apple cider vinegar
 2 Tbsp olive oil
 salt and pepper to taste

Directions:

In a bowl, combine vinegar, oil, honey, salt, and pepper.
 Thinly slice the cabbage, fennel, celery, and carrots. Chop the parsley.
 Pour dressing over cabbage mixture and stir well. If you let it sit for at least an 1 the flavor will intensify.

Cabbage Soup

Ingredients:

3 Tbsp olive oil
 1/2 yellow onion, chopped
 2 cloves garlic, minced
 8 cups low sodium chicken or vegetable broth
 1/2 tsp thyme
 1/2 head of cabbage, chopped
 4 carrots, peeled and chopped
 2 stalks of celery, chopped
 14.5 oz can of crushed tomatoes
 salt and pepper

Directions

In a large pot, heat olive oil over medium high heat.
 Add in chopped onion and garlic, cook until translucent.
 Add in broth, salt, pepper, cabbage, carrots, celery, and tomatoes.
 Simmer for 30 min.
 Or until carrots are cooked through.

Cabbage Enchilada

1 large head of cabbage
 1 Tbsp olive oil
 1/2 cup white onion, finely chopped
 1 tsp onion powder and garlic powder
 1/2 tsp ancho chili powder and cumin
 1 1/2 boneless chicken breast, chopped, or pre cooked and shredded
 1 4 oz can diced green chiles
 1 1/4 cup shredded mozzarella cheese
 2 cups enchilada sauce
 Additional toppings:
 chopped cilantro, diced tomatoes, avocados

Directions:

Cabbage Rolls-
 Fill a large pot with hot water and bring to a boil. Remove leaves from the raw head and rinse under cold water. Place a few leaves at a time in the boiling water for about 1 min, remove and lay flat on paper towels.

Chicken Filling-
 Preheat oven to 375 degrees.
 In a large pan, heat olive oil over medium heat and cook onions until translucent.
 Add chicken, green chiles, onion powder, garlic powder, ancho chili powder, cumin. Saute for about 6-8 min, stirring occasionally.

Assemble-
 Lay cabbage leaves in a baking dish and spoon in the chicken filling. Top with 2 Tbsp of cheese, roll and fold enchiladas up. Seam side down.
 Pour enchilada sauce over the top and bake uncovered for 25 min.
 Garnish how you wish!

Recipe Inspiration:

www.Isabeleats.com
www.dinnerthendessert.com
www.savoryexperiments.com