



Cabbage: The Unsung Hero of Your Plate

Let's be honest—cabbage doesn't have the star power of kale or the buzz of trendy superfoods. Available year-round and at its peak in the cooler months of fall and winter, cabbage is a reliable and affordable choice for any season. It's often seen as humble, lowly, or even boring, but cabbage deserves a second look! This budget-friendly veggie is a powerhouse of nutrition, endlessly versatile, and easy to find.

The Health Benefits of Cabbage

Don't let its modest reputation fool you—cabbage is a nutritional overachiever. It's rich in vitamins C and K, with a single cup providing nearly half your daily vitamin C needs and over 80% of your vitamin K requirements. Vitamin C boosts your immune system and supports collagen production, while vitamin K plays a crucial role in blood clotting and bone health.

As a member of the cruciferous vegetable family, cabbage shares its lineage with broccoli, cauliflower, and Brussels sprouts—all renowned for their health benefits. Cruciferous vegetables contain glucosinolates, natural compounds studied for their potential to support detoxification, reduce inflammation, and protect cells from damage. Eating cabbage regularly may help reduce the risk of certain cancers, particularly those affecting the colon, lung, and breast. Plus, red cabbage is loaded with anthocyanins, antioxidants linked to reduced inflammation and improved heart health.

Cabbage is also a fantastic source of fiber, supporting digestion, regulating blood sugar, and keeping you feeling full.

Storage Tips

To keep cabbage fresh, store it unwashed in the crisper drawer of your refrigerator. Wrap it loosely in a plastic or reusable bag, and it will stay fresh for up to two weeks. Cut cabbage should be wrapped tightly and used within a few days.

Types of Cabbage

Cabbage comes in several varieties, each with unique flavors and uses:

- **Green:** The most common type, perfect for slaws, sautéing, or soups.
- **Red/Purple:** Slightly peppery and great for salads, pickling, or roasting.
- **Napa:** Mild and tender, often used in stir-fries or kimchi.
- **Savoy:** Delicate and crinkly, ideal for wraps or stuffing.

Quick Prep Tips

Shredding cabbage is simple! Use a sharp knife to slice it thinly, a mandoline for ultra-fine shreds, or a food processor for quick and uniform results. Rinse shredded cabbage in cold water and pat dry for a crisp texture.

Fun Fact

Did you know that cabbage has been cultivated for over 4,000 years and was a staple in ancient Greek and Roman diets? It's a global favorite, featuring in dishes from Korean kimchi to Irish colcannon.

Creative Ways to Use Cabbage

- **Shred it:** Toss cabbage into slaws for a crunchy side dish or salad topper. It's also the perfect finishing touch for tacos, adding a fresh crunch that pairs beautifully with bold flavors.
- **Wrap it:** Use large cabbage leaves as a low-calorie wrap alternative for tacos or sandwiches.
- **Stir-fry it:** Add shredded cabbage to stir-fries or noodle dishes for a quick and nutritious boost.
- **Ferment it:** Try your hand at homemade sauerkraut or kimchi to add tangy flavor and gut-friendly probiotics.
- **Roast it:** Slice cabbage into wedges, drizzle with olive oil, and roast until caramelized and slightly crispy.

This week, let cabbage surprise you. Whether you're roasting, shredding, or trying this creative recipe, this humble veggie is proof that good things don't have to be expensive or trendy. Packed with flavor, versatility, and health benefits, cabbage is ready to take center stage on your plate.

Thai-Inspired Cabbage & Peanut Noodles



Transform cabbage into the star of your next meal with this vibrant, flavorful recipe.

Ingredients:

- 1/2 head of green cabbage, thinly sliced
- 8 oz rice noodles
- 1 block (14 oz) extra firm tofu, pressed and cubed
- 1/4 cup peanut butter
- 2 tbsp soy sauce (or tamari for gluten-free)
- 1 tbsp sesame oil
- 1 tbsp rice vinegar
- 1 tbsp honey or maple syrup
- 1 clove garlic, minced
- 1 tsp grated ginger
- 1/2 tsp red pepper flakes (optional)
- 1/4 cup chopped peanuts
- 1/4 cup chopped fresh cilantro (optional)
- Lime wedges, for serving

Instructions:

1. Cook rice noodles according to package instructions. Drain and set aside.
2. In a small bowl, whisk together peanut butter, soy sauce, sesame oil, rice vinegar, honey, garlic, ginger, and red pepper flakes. Add a splash of water if needed to reach a smooth, pourable consistency.
3. Heat a large skillet or wok over medium heat. Add a drizzle of sesame oil and cook the tofu cubes until golden and slightly crisp, about 4-5 minutes. Remove tofu from the skillet and set aside.
4. In the same skillet, stir-fry the cabbage for 4-5 minutes until slightly softened but still crisp.
5. Toss the cooked noodles, tofu, and sauce into the skillet with the cabbage. Mix until everything is evenly coated and heated through.
6. Serve topped with chopped peanuts, cilantro, and a squeeze of lime.