

—~RED CABBAGE~—

Red cabbage is a good source of flavonoids, a powerful antioxidant that can help protect against serious illnesses such as cancer. It can even be used as a natural dye for cloth or food.



Red Cabbage Cole Slaw

- 3 C. shredded cabbage
- 2 C. shredded red cabbage
- 1 C. carrot, grated
- 1/2 C. green bell pepper, sliced
- 1/2 C. red bell pepper, sliced
- 1 C. zucchini, shredded
- 1 Tbsp. distilled white vinegar
- 1 C. mayonnaise
- 2 Tbsp. Dijon style mustard

1. Put cabbage, carrot, red and green pepper and zucchini in large bowl. Toss to combine.
2. Put vinegar, mayonnaise and mustard in small bowl and stir to combine well. Put on vegetables and toss to coat evenly.

Red cabbage is a vegetable that is a member of the Cruciferous family, along with kale, broccoli, and collards. The outer leaves of this vegetable are dark red or purple, and they protect the inner leaves from the sun's exposure, giving them a lighter color. The leaves of cabbage may turn color, depending on the pH value of the soil they are grown in, due to a pigment called anthocyanin. Red cabbage's round shape is composed of superimposed leaf layers. The leaves of this vegetable are shiny, and many people say that the darker red in color they are, the sweeter in taste.

Did you know...

Women whose diets included ample amounts of red cabbage as well as other related vegetables have lower reports of breast cancer.

Cabbage is the second most common consumed vegetable in the world; potatoes is the most common.

Cabbage is one of the oldest vegetables, dating back to 400 B.C.

The largest cabbage the world has ever seen weighed a whopping 123 lbs.

Braised Red Cabbage and Apples

- 1 red cabbage
- 2 Tbsp. olive oil
- 1 onion, chopped
- 3 medium sized cooking apples, peeled, cored, and cut into 1/8-inch thick wedges
- 5 C. boiling water
- 2/3 C. red wine vinegar
- 2 Tbsp. salt
- 2 Tbsp. sugar

1. Wash the head of cabbage under cold running water, remove the tough outer leaves, and cut cabbage into quarters.
2. To shred the cabbage, cut out the core and slice the quarters crosswise into 1/8-inch strips.
3. In a heavy 4-5 qt. casserole, heat the oil over moderate heat. Add chopped onions and cook, stirring frequently for 5 minutes, or until the onions are lightly browned. Add the cabbage, stir thoroughly, add the apples, and pour in boiling water.
4. Bring to a boil over high heat, stirring occasionally, and reduce the heat to very low.
5. Add red wine vinegar, salt and sugar, stir to combine. Cover and simmer for 1 1/2 to 2 hours, or until the cabbage is tender. Check from time to time to make sure the cabbage is moist and tender. If it seems dry, add a tablespoon of boiling water. When the cabbage is done, there should be almost no liquid left in the casserole.
6. Taste for seasoning, then transfer to a heated platter or bowl and serve.

Corned Beef and Cabbage

- 4-5 pound corned beef brisket
- 2 whole cloves
- 10 whole black peppercorns
- 2 bay leaves
- 8 medium carrots, peeled
- 8 medium potatoes, peeled
- 8 medium yellow onions, peeled
- 1 medium head cabbage, cut in 8 wedges
- 2 Tbsp. minced parsley
- Mustard glaze
- 1/4 C. prepared mustard
- 1/2 C. maple syrup
- 1/4 C. dark brown sugar



1. Wipe corned beef with damp paper towels. Place in large kettle, cover with black peppercorns and bay leaves.
2. Bring to boiling; reduce heat and simmer 5 min. Skim surface then simmer 4 hours or until meat is fork tender.
3. Add carrots, potatoes and onions during last 25 minutes. Add cabbage during last 10 minutes. Cook just until vegetables are tender.
4. In a small saucepan, combine remaining ingredients. Bring to boil, stirring constantly. Reduce heat and simmer 5 minutes. Let cool.
5. Place cooked corned beef brisket in shallow pan. Brush top and sides with glaze.
6. Place under broiler, 5-6 inches from heat, brushing several times with glaze until shiny.