

CABBAGE



Did you know?

You can find many kinds of cabbage at the grocery store, but the two most common varieties are **green** and **red** cabbage.

Choosing it

When buying cabbage, choose one that is relatively heavy. The leaves should be undamaged and free of blemishes.

Good to know!

Cabbage adds **texture** and **flavour** to many dishes. But some children may not like it at first. Don't get discouraged! They might start to like it after trying it a few times.



Why we like it

Cabbage is a **low-cost** vegetable. You can often make several recipes with a single cabbage. And because cabbage keeps for such a long time, Quebec-grown cabbages are **available year-round!**

Tip to reduce waste

Is your cabbage looking a bit wilted? Just take off the softest leaves and use them in a recipe calling for cooked cabbage, like a soup or stir-fry.

5 ways to use it

- Shredded cabbage is great for making comforting soup.
- **Traditional coleslaw with carrots** is a really simple recipe to make.
- Finely sliced cabbage is great in a **stir-fry!**
- Because of its large leaves, cabbage is perfect for wrapping **meatballs**.
- To serve cabbage as a side dish, simply sauté it, top with a **béchamel** (white sauce) and cheese, and broil it in the oven.

Storing it

Cabbage can easily keep for **2 weeks** in the vegetable drawer in your fridge. Once you have cut it, it's best to keep it in a closed container and store it away from other foods because they might absorb its strong smell.