



Notes on Cabbage

Cabbage comes in many colors the two most popular colors are pale green or purple. Uncooked cabbage does not have a strong taste but a distinct crunchy texture. When cooked it loses its crunch but gains the surrounding flavors. Because of its ability to take a back seat, combine cabbage with spices, onions, garlic, noodles, soups, and many flavorful dishes.

Simple Ideas for Cabbage

- Stir fry cabbage in oil and garlic for a quick and easy side dish.
- Steam cabbage and add it to your favorite meat loaf recipe for texture.
- Tired of French fries try fried cabbage. Dip slices of cabbage in milk, then in flour, let them rest for 10 minutes and then fry.
- Wrap slices of ham in cabbage leaves bake at 350 ° until leaves are soft.

Cole Slaw

Recipe by: Bertha Kleinschmidt, Country Gardens

- 1 Medium head of cabbage
- ½ cup Sugar
- 3 tbsp Miracle Whip
- 2 tbsp Vinegar
- ¼ cup Water

- Shred cabbage. Add a little carrot for color. Mix sugar, miracle whip, vinegar and water together. Pour over the cabbage. Refrigerate. Serve chilled.
- Refrigerate leftover slaw, keeps for a long period.

Fish Tacos

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| 1 lb | White fish, such as cod | ½ cup | Cabbage, shredded |
| ¼ cup | Olive oil | 8 | Corn tortillas |
| 1 | Lime, juice | | <u>Garnish:</u> |
| 1 tbsp | Chile powder | | Shredded cabbage |
| ½ tsp | Ground cumin | | Hot Sauce |
| 1 ½ tsp | Dried oregano | | Sour Cream |
| 1 | Jalapeno, coarsely chopped | | Red Onion |
| ¼ cup | Cilantro leaves, chopped | | Green Onion |

- Preheat oven to 350°. Place fish in a medium size bowl. Mix olive oil, lime juice, Chile powder, ground cumin, oregano, jalapeno and cilantro in a small bowl. Pour mixture over fish. Coat fish evenly and let it marinate for 20 minutes. Heat a non-stick pan to medium and place fish in the pan. You do not need to add any more oil. Cook the fish for 4 minutes on one side. While the fish cooks, spray a cookie sheet with non-stick cooking spray. Place the tortillas on the cookie sheet in a single layer. Spray with cooking spray and place in oven for 5 minutes. Flip the fish and continue cooking for about 3 minutes. Place fish on a plate. Toss in the ½ cup of cabbage and stir for 2 minutes or until wilted. Flake the fish into the pan and gently mix the fish with the cabbage. Remove from heat. Remove tortillas from oven. The tortillas will be hot so be careful when handling them. Place a tortilla on a plate pile a portion of the fish and cabbage on top. Garnish with favorite fixings and enjoy!