



CABBAGE

IN SEASON

April – June & November – December

HOW TO SELECT

Choose bright cabbages that are firm to the touch with leaves tightly pressed to the stem.

HOW TO STORE

Refrigerate whole cabbage inside a plastic bag for up to 2 weeks. Remove outer leaves if wilted.

HELPFUL TIP

Cabbage is great both raw & cooked! Try adding it to your next sandwich or stir-fry!

CABBAGE ROLL CASSEROLE



Nutrition Facts

Serving size: 1/6th recipe (547g)

Servings Per Recipe 6

Amount Per Serving

Calories 290 **Calories from Fat 80**

% Daily Value

Total Fat 9g **15%**

Saturated Fat 3g **15%**

Trans Fats 0g

Cholesterol 50mg **15%**

Sodium 120mg **4%**

Total Carbohydrate 38g **15%**

Dietary Fiber 8g **30%**

Sugars 12g

Protein 21g

Vitamin A 15%

Vitamin C 150%

Calcium 15%

Iron 20%



30 MIN | SERVES 6

INGREDIENTS:

- 1 lb 90/10 lean ground beef
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 2 cups water
- 1 (14.5 oz) can no-salt-added diced tomatoes, undrained
- 1 (8 oz) can no-salt-added tomato sauce
- 1 large head **CABBAGE**, chopped into bite-sized pieces
- 1 1/2 cups instant brown rice

PREPARATION:

1. Heat a large stockpot over medium-high. Add beef, onions & garlic. Cook 8-10 minutes, crumbling meat, stirring occasionally.
2. Add water, diced tomatoes, tomato sauce & cabbage. Cook 5-7 minutes or until cabbage is tender.
3. Add rice & cook 5 minutes or until rice is fully cooked.
4. Divide into bowls & serve.