

All About Cabbage



Cabbage contains vitamin C, which is good for fighting colds and healing cuts.

Choose cabbage with firm heads and no brown spots. A good cabbage should feel heavy for its size.

Keep it fresh by refrigerating unwashed whole cabbage for 3 weeks to 2 months tightly wrapped in plastic. Shredded or chopped cabbage is best used within 2 weeks.

Prepare cabbage by removing outer leaves and rinsing well.

Cook cabbage by steaming, boiling or sautéing just until tender. You can also eat it raw in a salad!



RECIPE Zesty Radish Slaw



Servings: 6 small sides

Prep Time: 15 minutes

Ingredients:

- 1 head cabbage, shredded
- 1 bunch radishes, thinly sliced
- 2 tablespoons olive oil
- 1/2 lime
- 1-2 jalapenos, thinly sliced
- 1 small bunch cilantro, chopped
- Salt and pepper to taste

Preparation:

1. Toss shredded cabbage with radishes, olive oil, salt, and the juice of 1/2 lime; let sit for 15 minutes
2. Just before serving, toss with cilantro and jalapenos.
3. Serve cool and enjoy!



Todo sobre el repollo



El Repollo contiene vitamina C, que es buena para luchar contra los resfriados y para curar cortes.

Elija repollos firmes y sin puntos oscuros. El repollo debe parecer pesado para su tamaño.

Mantenga lo repollo entero fresco enfriándolo sin lavar de 3 semanas a 2 meses envuelto en plástico. Los repollos picados deben ser usados dentro de 2 semanas.

Para preparar el repollo, quítele las hojas exteriores y lávelas bien.



RECETA Ensalada sabrosa de rabano

Porciones: 6

Preparacion: 15 minutos

Ingredientes:

1 cabeza de repollo, rallada

1 manojo de rabanos, rebanados finitos

2 cucharadas de aceite

1/2 limón

1-2 jalapeños, rebanados finitos

1 manojo pequeño de cilantro

Salt and pepper to taste

Preparacion:

1. Mezcle el repollo con el rabano, el aceite, a sal y jugo de limon; deje por 15 minutos.
2. Antes de server anadir el jalapeno y el cilantro.
3. Sirva frio y disfrute!

