

Cabbage

Just one cup of cabbage can give you 85% of the recommended value for Vit.K & 54% Vit.C.

How to store:

- Remove any loose leaves and wrap the head in a damp paper towel and place it inside a plastic bag to retain moisture.
- Store in the refrigerator for 3-4 weeks

How to prep:

- Remove any brown or wilting leaves and rinses thoroughly.
- Cut it lengthwise to remove the thick center.

Use it:

- Chop it for fresh salads
- Slice it lengthwise & roast it
- Make coleslaw
- Add it to tacos, stir-fries and soups!



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