

Cabbage



Nutrition

Cabbage is high in antioxidants and anti-inflammatory which reduce breathing stress and overall irritation. It is rich in glucosinolates which make it one of the best vegetables for the prevention of numerous cancers including bladder, breast, colon, and prostate cancer.

Storage

Keep in an unsealed plastic bag in the refrigerator for up to a week.



Preparation

Wash well in cold water, chop to desired size. Cabbage can be eaten raw in salad or coleslaw, or cooked - boiled, steamed, braised, sauteed, stir-fried, or roasted.

