

# Pick a **better snack**<sup>™</sup> – THE COLOR WAY

## CABBAGE

Wash. Eat. How easy is that?



Cabbage is one of the inexpensive staples in the produce section. You will find both red and green cabbage as well as bagged slaw mixes year around. Some stores regularly carry bok choy and Napa cabbage. Red cabbage may taste sweeter and provide more vitamin C than green, but it may also be a little tougher. Uncut cabbage can be stored for months in the refrigerator. Cabbage may be eaten raw in salads and sandwiches or microwaved, steamed, stir-fried or added to soups and stews. Complimentary seasonings include caraway, dill, mustard and curry.

### ORIENTAL SUPER SLAW (SERVES 4)

10 oz green cabbage, shredded (~6 cups)

2 oz carrot, grated (~1.5 cups)

4 oz red cabbage, shredded (~2.5 cups)

1/3 cup vinegar

1/3 cup sugar

1/2 teaspoon ground ginger

1 Tablespoon creamy peanut butter

8 oz cooked lean beef or chicken

Note: You may substitute one 16 oz. bag slaw mix for the cabbages and carrots. Slice beef or chicken into thin slices. Mix dressing ingredients: vinegar, sugar, peanut butter and ginger until smooth. Toss dressing, vegetables and meat strips. Chill about 1 hour before serving.

Include **GREEN** fruits and vegetables in your low-fat diet to maintain:

- Vision health
- Strong bones and teeth
- A lower risk of some cancers

Include **BLUE/PURPLE** fruits and vegetables in your low-fat diet to help maintain:

- A lower risk of some cancers
- Urinary tract health
- Memory function
- Healthy aging

Pick a **better snack**<sup>™</sup> was developed in partnership with the Iowa Nutrition Network, Iowa State University Extension, and the USDA's Food Stamp Program and Team Nutrition - equal opportunity providers and employers. For more information, visit the Iowa Department of Public Health web site [www.idph.state.ia.us/pickabetersnack](http://www.idph.state.ia.us/pickabetersnack) or Iowa State University Extension web site [www.extension.iastate.edu/food](http://www.extension.iastate.edu/food). For more information about 5 A Day the Color Way<sup>™</sup>, visit [www.5aday.com](http://www.5aday.com).