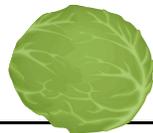




Chicken-Cabbage Stir-Fry

- 1 chicken breast, skinned and boned
- 1 teaspoon oil
- 1 1/2 cups sliced cabbage
- 1-2 teaspoons cornstarch
- 1/4 teaspoon ground ginger
- 1/8 teaspoon garlic powder
- 1/4 cup water
- 1-2 teaspoons soy sauce

1. Cut chicken breast into strips. Sauté in oil over medium heat, turning constantly until lightly browned.
2. Add cabbage; cook 2 minutes until cabbage is tender crisp.
3. In a bowl, mix cornstarch and seasonings. Add water and soy sauce and mix until smooth.
4. Pour over chicken, stir gently and cook until thickened and pieces are coated.



ENERGIZE YOUR LIFE EAT HEALTHY BE ACTIVE

The WIC and Senior Farmers Market Nutrition Programs are sponsored by the U.S. Department of Agriculture; the Washington State Department of Health, Community Wellness and Prevention; and the Washington State Aging and Disability Services Administration.

Contact information:

WIC FMNP: 1-800-841-1410

Senior FMNP: 1-800-422-3263

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WIC is an equal opportunity program.

Fresh-from-the-Farm:

Cabbage

Green, Red, Savoy,



**Washington WIC &
Senior Farmers
Market Nutrition
Program**

*Making it easier to add fresh fruits
and vegetables to your diet, and
support local farmers, too!*

Selection & Preparation

- ◆ Choose firm, heavy cabbages that are free of yellowing leaves, splits or soft spots.
- ◆ The leaves should be compact and smooth for green and red cabbage, but Savoy cabbage leaves should be crinkly and less compact.
- ◆ Cabbage should be kept in the refrigerator and used within 2 weeks.
- ◆ Wash well and remove wilted leaves before using.
- ◆ Green, red and Chinese cabbage are great chopped and added to salads or slaws.
- ◆ All cabbages are easily steamed, stir-fried or boiled. Slices or wedges cook in about 6-12 minutes.
- ◆ Chop or slice then add to soups and stews for flavor and bulk.



Nutrition Facts

Serving Size: 1/2 cup chopped
cabbage

Amount Per Serving

Calories: 10

	% Daily Value
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Sodium 10 mg	0%
Total Carbohydrate 2 g	1%
Dietary Fiber 1 g	4%
Sugars 1 g	
Protein 1 g	
Vitamin A	2%
Vitamin C	25%
Calcium	2%
Iron	2%
Folate 19 mcg	5%
Potassium 109 mg	

Key Nutrients

- ❖ **Vitamin C** - for healthy gums, skin and blood.
- ❖ **Folate** - to support a healthy heart and blood.
- ❖ **Potassium** –to maintain normal blood pressure levels.
- ❖ **Phytonutrients** - the phytonutrients found in cabbage and other members of the *cruciferous vegetable* family help to reduce the risk of cancer. Other crucifer vegetables include broccoli, cauliflower, kale, bok choy, and radishes.

German Vegetable Soup

- 1 medium soup bone
- 1 cup each of tomatoes, cabbage and lima beans
- 1 small turnip or potato, diced
- 1/2 cup carrot, diced
- 1/2 cup onion, diced
- 1 tablespoon flour
- 1/2 cup low-fat milk



Wash bone thoroughly. Cover with cold water and boil for an hour. Skim off the fat and add vegetables. Mix flour with milk and stir into soup. Season with salt and pepper to taste. Cook on medium-low heat until vegetables are tender, about 30-40 minutes. Stir often to avoid burning milk. Serve hot.