



# Ingredient of the Month

## CABBAGE

Cabbage belongs to the cruciferous vegetable family, along with broccoli, kale, and Brussels sprouts. It is rich in fiber, Vitamin C, and Vitamin K. It supports digestion and the immune system, and is protective against some cancers.

Cabbage can be consumed raw on fish tacos and slaws, sautéed, roasted, grilled, fermented, added to soups, and more!

### Roasted Cabbage

*Think you don't like cabbage? You haven't had it roasted — nutty, sweet, irresistible*

1. Preheat oven to 400-degrees Fahrenheit.
2. Slice cabbage into ½" thick rounds, lengthwise.
3. Place in a single layer on a baking sheet.
4. Drizzle with 2 Tbsp olive oil and season with salt & pepper, to taste.
5. Roast for 10-15 minutes, flip and roast an additional 5-10 minutes or until edges are crispy.

### Fresh Cabbage Slaw

*Swap the mayo for your favorite vinaigrette dressing for a light & flavorful side*

- Finely slice cabbage, drizzle with vinaigrette, and enjoy immediately or after sitting for one hour or overnight — the longer it sits, the more tender it will become. Green, purple, and Napa cabbage varieties all work, but purple holds its color/crunch a bit longer when dressed. Enjoy on its own or add additional ingredients before serving:
  - Balsamic dressing: feta cheese + sundried tomatoes
  - Apple cider vinegar dressing: diced apple + walnuts or pistachios
  - Asian dressing: grated carrots + thinly sliced bell pepper + peanuts
  - Citrus dressing: corn + black beans + cotija cheese + cilantro

### Spring Roll Rice

*Put peanut sauce on anything and I'm in...*

1. Cook 1 cup brown rice or quinoa, per package directions, then cool to room temperature.
2. Whisk together ½ cup smooth peanut (or any nut or seed) butter, ¼ cup low-sodium soy sauce OR tamari, 1 Tbsp rice vinegar (apple cider vinegar works well too), 1 Tbsp fresh-grated ginger OR 1 tsp dried ginger, juice of 1 lime, and 1-2 tsp honey, to taste.
3. In a large bowl, combine 2 cups shredded **cabbage** + 1 cup shredded carrots, 1-2 bell peppers (red, yellow, &/or orange), cut into thin strips.
4. Add cooked grain.
5. Add 1 cup protein(s) of choice:
  - a. Firm or extra-firm tofu, drained, pressed between kitchen towels, and diced
  - b. Edamame, fresh or frozen/defrosted and removed from the pod
  - c. Shrimp, cooked and diced
  - d. Chicken, cooked/roisserie, shredded or diced
6. Drizzle nut butter mixture over everything, toss, and season with salt and pepper to taste.

