

Snapped Up: Cabbage-O-Rama



The humble cabbage overflows our fall and winter markets. If you're like most people the head sits in your crisper until it molds and then you throw it out.

This year's going to be different. This year you'll have a fast, medium, and long game for what to do with that head of cabbage you were gifted.

Grill it into a side dish

No one thinks about taking a head of cabbage to a BBQ, but you should. Slice it in half, butter the flat side, and add salt, pepper, onion power or whatever spice you like. Place it flat side on the grill and let nature do its work. The moisture in the cabbage will steam cook the head as it's grilling.

TIP: Grilling a full half head and then cutting it into serving slices will keep the head together while grilling. Smaller slices will fall apart on the grill.

TIP 2: No grill? Use a hot frying pan instead or better yet stick the pan in the oven at 400 degrees and cook 10-20 minutes until browned.

Serve as a side to heavy pasta dishes.

Slice it into coleslaw

Coleslaw can be a no-brainer preparation if you use ratios instead of measurements.

1 part sliced or shredded cabbage (1 medium head)

1/3 part minced sweet onion (1 large onion)

50/50 vinegar to sugar (start with 1/4 cup vinegar/sugar)

Salt and pepper. (celery seed, poppy seed...)

To this mixed base you can add other shredded veggies and spices. (pictured with carrots and celery seed) Or add a splash of mayo or cream to bring up the yum factor. Serve as a side dish or as a sandwich topper.



Ferment it into sauerkraut

Sauerkraut is easier than you think; all you need is thinly cut cabbage, non-ionized salt or pickling salt, and time.

- Alternate one inch layers of shredded cabbage in a bowl with a sprinkling of non-ionized salt until the bowl is filled.
- Work the salt into the cabbage with your hands until the leaves start releasing water.
- Weigh the leaves down with a heavy object (rock) to get more water released. (about an hour of time)
- Pack into a jar, with a big cabbage leaf on top to cover and keep air off the kraut. Let it ferment in dark, warm place (80 degrees) for 2 weeks. Check for taste. The longer it ferments, the stronger the kraut. Store in the refrigerator to slow the fermentation. Just like fermented pickles, it will keep for months.

Pictured is a full head of cabbage in a two quart jar. It will yield one quart of kraut.

Be sure to leave enough room for water to form and cover the cabbage.



1 Cup of Cabbage

NOTE: This is why it is important to eat whole foods—cabbage is high in Vitamin C and K and also has trace amounts of almost everything else.

General			
Energy	22.3	kcal	3%
Alcohol	0.0	g	No Target
Caffeine	0.0	mg	No Target
Water	82.0	g	3%

Carbohydrates			
Carbs	5.2	g	6%
Fiber	2.0	g	9%
Starch	0.0	g	No Target
Sugars	2.8	g	No Target
Sugar Alcohol	0.0	g	No Target
Net Carbs	3.2	g	5%

Lipids			
Fat	0.1	g	0%
Monounsaturated	0.0	g	No Target
Polyunsaturated	0.0	g	No Target
Omega-3	0.0	g	0%
Omega-6	0.0	g	0%
Saturated	0.0	g	n/a
Trans-Fats	0.0	g	n/a
Cholesterol	0.0	mg	No Target
Phytosterol	0.0	mg	No Target

Protein			
Protein	1.1	g	2%
Cystine	0.0	g	1%
Histidine	0.0	g	2%
Isoleucine	0.0	g	2%
Leucine	0.0	g	1%
Lysine	0.0	g	1%
Methionine	0.0	g	2%
Phenylalanine	0.0	g	2%
Threonine	0.0	g	2%
Tryptophan	0.0	g	3%
Tyrosine	0.0	g	1%
Valine	0.0	g	2%

Vitamins			
B1 (Thiamine)	0.1	mg	5%
B2 (Riboflavin)	0.0	mg	3%
B3 (Niacin)	0.2	mg	1%
B5 (Pantothenic Acid)	0.2	mg	4%
B6 (Pyridoxine)	0.1	mg	7%
B12 (Cobalamin)	0.0	µg	0%
Biotin	0.0	µg	0%
Folate	38.3	µg	10%
Vitamin A	87.2	IU	4%
Vitamin C	32.6	mg	43%
Vitamin D	0.0	IU	0%
Vitamin E	0.1	mg	1%
Beta Tocopherol	0.0	mg	No Target
Delta Tocopherol	0.0	mg	No Target
Gamma Tocopherol	0.0	mg	No Target
Vitamin K	67.6	µg	75%

Minerals			
Calcium	35.6	mg	4%
Copper	0.0	mg	2%
Fluoride	0.0	µg	0%
Iodine	0.0	µg	0%
Iron	0.4	mg	5%
Magnesium	10.7	mg	3%
Manganese	0.1	mg	8%
Molybdenum	0.0	µg	0%
Phosphorus	23.1	mg	3%
Potassium	151.3	mg	3%
Selenium	0.3	µg	0%
Sodium	16.0	mg	1%
Zinc	0.2	mg	2%

Since you can't check the label on the side of a plant, Cronometer makes it easy to see what comes packed inside any whole food and in any quantity. (in this example, 1 cup)
Percentages based on the daily needs of a 150 pound person.