

Cabbages

Harvest of the Month—February



Savoy
Cabbage



Green
Cabbage



Red
Cabbage

Cabbage has Vitamins A and C to help you stay healthy.

Savoy cabbage has more Vitamin A than green cabbage.

Green cabbage has more Vitamin A than red cabbage.

Red cabbage has more Vitamin C than green cabbage.

Green cabbage has more Vitamin C than Savoy cabbage.



Tulare County Office of Education
Jim Vidak, County Superintendent of Schools



This material was funded by USDA's Food Stamp Program through the California Department of Public Health's *Network for a Healthy California*. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program in Tulare County, call 1-800-834-7121. This material was created and approved as an extension to Harvest of the Month developed by the *Network for a Healthy California*.

Stove Top Casserole



Makes 5 servings at 1 cup each

- 1 small onion, chopped
- 4 medium potatoes, peeled, sliced
- 1 ½ cups chicken stock (or broth), reduced sodium
- 2 cups green cabbage, shredded
- 1 cup reduced fat cheese, shredded
- 1 tablespoon vegetable oil

1. Heat oil in large skillet. Add onions and stir over medium heat until golden.
2. Add potatoes and chicken stock. Cover and reduce heat to low. Simmer until potatoes are slightly tender.
3. Add cabbage. Cover and simmer for five more minutes.
4. Sprinkle with cheese and let stand until cheese melts.
5. Serve warm.

Adapted from: Food Stamp Nutrition Connection,
<http://foodstamp.nal.usda.gov/recipes.php>

For more recipes, visit: www.cachampionsforchange.net

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Guisado Sobre la Estufa



Para 5 porciones de 1 taza cada una

- 1 cebolla chica, picada
- 4 papas medianas, peladas y rebanadas
- 1 ½ tazas de caldo de pollo, bajo en sodio
- 2 tazas de col verde, rallada
- 1 taza de queso bajo en grasa, rallado
- 1 cda. de aceite vegetal

1. Caliente el aceite en una sartén grande. Agregue la cebolla y cocine sobre fuego mediano hasta que dore.
2. Agregue la papa y el caldo de pollo. Cubra y reduzca el fuego. Cocine a fuego lento hasta que las papas estén un poco tiernas.
3. Agregue la col. Cubra y cocine a fuego lento por cinco minutos más.
4. Expolvoree el queso y espere hasta que se derrita.
5. Serva caliente.

Fuente: Food Stamp Nutrition Connection,
<http://foodstamp.nal.usda.gov/recipes.php>

Para más recetas con frutos secos,
visite: www.campeonesdelcambio.net

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