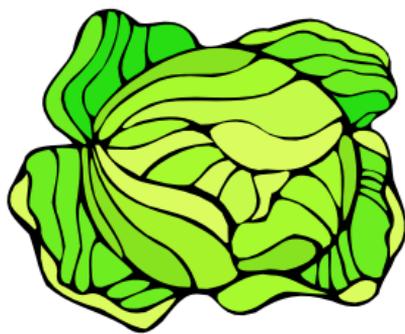


Enjoy Farmers Market Produce



Cabbage

Cabbage is a good source of vitamins A and C and fiber. It helps to prevent cancer and is low in calories. Cabbage tastes best and is most nutritious when eaten raw or cooked for a short period of time in a small amount of water.

Thai Cabbage Noodles

- 8 ounces spaghetti noodles
- 4 cups thinly sliced cabbage
- ¼ cup soy sauce
- ¼ cup orange juice
- ¼ cup water
- ¼ vinegar
- 3 Tablespoons sugar
- ¼ cup peanut butter
- 1 teaspoon ginger powder
- ¼ teaspoon hot pepper flakes

1. Cook spaghetti noodles in boiling water; drain.
2. In large pot, combine all ingredients except spaghetti and cabbage. Cook on medium heat; stir until mixture boils.
3. Reduce heat to low; add cabbage. Cook and stir until cabbage softens; about 5 minutes.
4. Stir spaghetti into cabbage mix; serve and enjoy!

Other ways to enjoy cabbage

- Add to vegetable soup
- Grate and add to salads
- Stir fry with other vegetables

Adapted from the Get Fresh! at Your Farmers' Market recipe series, Cornell Cooperative Extension and Division of Nutritional Sciences, NYS Colleges of Human Ecology and Agriculture and Life Sciences, Cornell University.



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