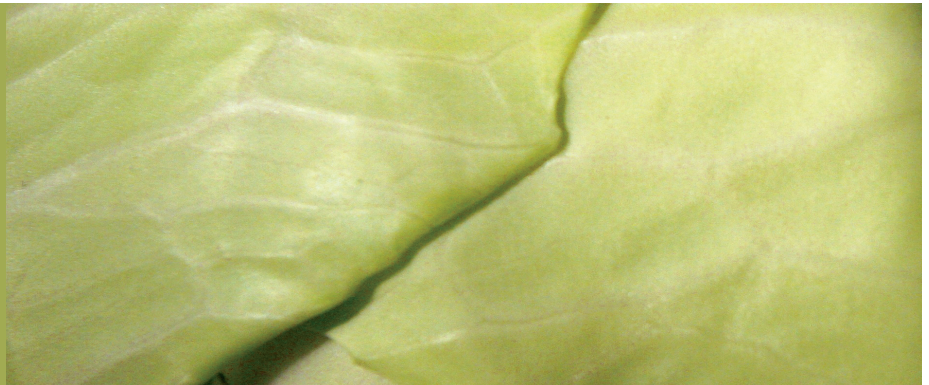


# RECIPE for health

APRIL 2008 In partnership with Health4U and University Housing

Featured Food:

## CABBAGE



A nutritional bargain any time of year, cabbage is a particularly good deal during the winter months and on into the early spring, when the supply of fresh vegetables is waning.

The cabbage family of vegetables are known as crucifers, a name derived from their cross shaped flowers. The cruciferae family is distinguished into three groups:

- Stem cabbages include kohlrabi, pak choy, kale, collards, and Brussels sprouts
- Head cabbages such as Savoy, Napa (bok choy), red, and green
- Inflorescent (edible flower head on a stalk) cabbages like broccoli and cauliflower

Our recipe this month is a cabbage salad, or coleslaw. The word coleslaw is derived from the Dutch “kool” which means cabbage and “sla” which means salad.

Here’s a good way to use your head. Since the top portion of the cabbage is tenderer and shreds more easily, cut the cabbage head in half horizontally. Use the top portion (the half without the core) in salads and slaws. Reserve the bottom half for cooked dishes.

Cooked cabbage gets a bad rap for its strong smell. Well, blame the cook, not the cabbage. The strong odor is the result of overcooking. Cabbage contains isothiocyanates that break down into smelly sulfur compounds during cooking. The reaction is even stronger in aluminum pans. Cook just until tender, a few minutes, in a stainless steel pot.

Store cabbage in a plastic bag in the crisper drawer of the refrigerator. Uncut red and green cabbage will keep for 2 to 3 weeks, while less dense cabbage will keep for about a week. Once cut, the nutritional value of cabbage deteriorates rapidly. Cut cabbage should be used within days.

## Apple Cabbage Salad

from the kitchen of the MSU Residence Halls  
Serves 6 – 8

- ½ cup vanilla yogurt
- 2 tablespoons mayonnaise
- 1 tablespoon honey
- 1 tablespoon spicy brown mustard
- 1 t celery seed
- 2 med Gala apples, cored and chopped
- 2 c cabbage, shredded
- 1 c jicama, peeled and julienne cut

Mix yogurt, mayonnaise, honey, mustard, and celery seed. Cover and refrigerate until needed. Prepare produce just before serving. Add dressing and toss.

Apple Cabbage Salad will be featured in the MSU Residence Hall Dining Rooms at lunch on April 18. Once you try this delectable dish, you’ll want to make it at home! Enjoy. For meal hours and complete menus, visit [eatatstate.com](http://eatatstate.com).

Cabbage is a longstanding dietary staple throughout the world. Here are just a few examples of crucifers in international cuisine:

<b>Korean</b>	Kim chi (pickled vegetables, often Napa cabbage is the base)
<b>Chinese/Thai</b>	Variety of Napa cabbages used in stir fries and soups
<b>Jewish</b>	Corned beef and cabbage
<b>Irish</b>	Bacon and cabbage with potatoes
<b>Ethiopian</b>	Spicy stewed collard greens
<b>Japanese</b>	Tsukemono (pickled vegetables)
<b>Scandinavian</b>	Coleslaw
<b>Indian</b>	Cauliflower curry
<b>German</b>	Sweet and sour red cabbage, sauerkraut

UNIVERSITY HOUSING  
michigan state university



[www.health4u.msu.edu](http://www.health4u.msu.edu)