



Urban Harvest

HEALTHY FOOD IN A **SNAP**

CURRIED CABBAGE



Did you know? All fruits and vegetables can be purchased with SNAP Benefits

Find out more at: www.urbanharvest.org/famers-markets/SNAP



CURRIED CABBAGE

FUN FACTS

- One of the oldest cultivated vegetables
- Enjoy fresh for salads or stuffed, stir fried, boiled, braised and steamed
- High in fiber, vitamin C, K and calcium
- First cabbage brought to America by French explorer Jacques Cartier in 1541
- While China produces the most Russia consumes the most
- A farmer in Alaska holds the record for the largest cabbage weighing in at 138 pounds



POT
COVER & COOK



UTENSIL
STIR



COOK TIME
SEVERAL MIN

INSTRUCTIONS

Add ½ teaspoon mild curry powder, or spice of your choosing, to 2 tablespoons butter in a saucepan.

Melt together on medium heat, then add half a cabbage (sliced).

Sauté until cabbage starts to wilt and juices begin to release.

Cover and steam on low heat for five minutes.

Salt and pepper to taste.