



Cornell University
 Cooperative Extension
 New York City



Braised Cabbage

Yields 6 servings (1 cup)

Ingredients

- 1 medium green cabbage, shredded
- 2 yellow onions, sliced thin
- 2 garlic cloves, minced
- 1 tablespoon fresh ginger, minced
- 1 chili pepper, diced (or other hot pepper of your choice)
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon water

Instructions

1. Heat the pan on medium heat, and then add oil.
2. Immediately add onion, garlic, ginger, and chili pepper. Cook, stirring occasionally, until the onions start to brown.
3. Add the shredded cabbage and 1 tablespoon of water. Cook for 15 to 20 minutes until the cabbage is soft, stirring occasionally.

Helpful Information

- Other dark leafy greens can be used or mixed together. Try Kale, Mustard, Turnip or Collard greens.
- Braising is an easy cooking technique you can use for other vegetables.

Source: adapted from "A Taste of African Heritage and Health, An Oldways Program"

part of CUCE-NYC FMNP Recipe Collection 2015

To find farmers' market recipes, please go to: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

To find recipe videos, please visit our YouTube channel at: **Farmers Market Recipes CCE NYC**

Nutrition Facts	
Servings Per Recipe	5 servings
Serving size	1 cup
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 13g	5%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 71mg	6%
Iron 1mg	6%
Potassium 319mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Label analysis based on ingredients listed.

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

This material was funded in part by USDA's Expanded Food and Nutrition Education Program.

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Estofado de Repollo

Rinde 6 raciones (1 taza)

Ingredientes

- 1 repollo o col verde mediana, rallada
- 2 cebollas amarillas, picada en rodajas finas
- 2 dientes de ajo, picados
- 1 cucharada de gengibre fresco, picado
- 1 pimiento picante, cortado (u otro pimiento picante que prefiera)
- 2 cucharadas de aceite de oliva extra-virgen
- 1 cucharada de agua

Instrucciones

1. Caliente el sartén a fuego mediano y luego agregue el aceite.
2. Inmediatamente agregue la cebolla, el ajo, el gengibre, y el pimiento picante. Cocine y muévalos de vez en cuando hasta que la cebolla esté un poco dorada.
3. Agregue el repollo rallado y una cucharada de agua. Cocine de 15 a 20 minutos hasta que el repollo esté suave, muévalos de vez en cuando.

Información Útil

- Otras verduras de hojas verde oscuras se pueden ser usar o mezclar juntas. ¡Trate la col rizada, las hojas de mostaza, las hojas de nabo o la acelga!
- Estofar (o cocinar a fuego lento) es una técnica de cocina fácil que usted puede utilizar para preparar otras verduras

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