



Cabbage and Potato Sauté

Yields 6 servings (½ cup each)

Ingredients

- 2 tablespoons olive oil
- 4 cloves of garlic, minced
- 1 medium onion, chopped
- 1 large potato, chopped small
- 1 ear of corn, kernels removed from cob
- 1 large carrot, grated
- ¼-½ head of cabbage, shredded (about 3.5 cups)
- 2 tablespoons fresh basil, minced
- ½ teaspoon black pepper
- ½ cup water

Instructions

1. Heat skillet over medium heat. Add potatoes and ¼ cup of water. Cover allow potatoes to soften. Cook 3-5 minutes. Pierce with fork to tell when potatoes are tender.
2. Once potatoes are tender, stir in garlic, onion and oil. Cook until onions are soft, about 5 minutes.
3. Add corn and another ¼ cup of water. Cover and let cook 2 minutes.
4. Add grated carrot and cabbage. Allow to soften by covering and cooking for an additional 5-7 minutes.
5. Stir in basil and serve warm.

Helpful Information

- Be sure to slice the potatoes thin so that they will cook quickly and taste best.
- Try replacing half of the potato with parsnips or another root vegetable.
- If basil isn't available, switch it out for other fresh herbs, like parsley, sage, thyme, or cilantro.

Source: 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**

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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Nutrition Facts	
Servings Per Recipe	6 servings
Serving size	½ cup
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 25g	9%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 63mg	4%
Iron 1mg	6%
Potassium 577mg	10%

*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.





Salteado de Col y Papas

Rinde 6 porciones (½ taza cada una)

Ingredientes

- 2 cucharadas de aceite de oliva
- 4 dientes de ajo, picado
- 1 cebolla mediana, cortada
- 1 papa grande, cortada en pequeños pedazos
- 1 mazorca de maíz, remueva los granos de la mazorca
- 1 zanahoria grande, rallada
- ¼-½ cabeza de col o repollo, cortada en tiras (como 3.5 tazas)
- 2 cucharadas de albahaca fresca, cortada
- ½ cucharadita de pimienta negra
- ½ taza de agua

Instrucciones

1. Caliente un sartén a fuego mediano. Agregue las papas y un ¼ de taza de agua. Cubra y deje que las papas se pongan suaves. Cocine de 3 a 5 minutos. Hunda un tenedor en las papas para ver si están suaves.
2. Cuando las papas estén suaves, ponga el ajo, la cebolla, y el aceite. Cocine hasta que la cebolla esté suave, como 5 minutos.
3. Agregue el maíz y otro ¼ de taza de agua. Cubra y deje que se cocine 2 minutos.
4. Agregue zanahoria rallada y col. Deje que se suavizen al cubrir y cocinarlos por unos 5 a 7 minutos más.
5. Ponga la albahaca y sirva caliente.

Información Útil

- Asegúrese de cortar las papas bien finas para que se cocinen rápido y sepan mejor.
- Trate de reemplazar la mitad de la papa con chiviría u otro vegetal de raíz comestible.
- Si no hay albahaca, cámbiela por otras hierbas frescas, como perejil, salvia, tomillo, o cilantro.

Source: CUCE-NYC FMNP Recipe Collection 2015

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