

Cabbage was brought to Europe by the Celts (Indo-European peoples of Europe) to Asia around 600 B.C. Cabbage is a vegetable that is often connected to Irish meals such as on St. Patrick's Day with corned beef. There are many colors cabbage can be such as; red, purple, green and Napa cabbage, which is usually used in Chinese cooking.

Benefits of Cabbage:

Good for the Gut— When fermented, natural probiotics are created and nourish the bacteria in your gut. It will help improve your digestion!

Nutritional Requirements—Cabbage is high in dietary fiber, vitamin C, vitamin K, folate, potassium, manganese, vitamin A, thiamin, vitamin B6, calcium, and iron.

Fiber and Iron—these each help the digestive tract and colon in pristine condition.

Indole-3-carbinol (I3C)— is known for doubling the time the liver takes to break down estrogen so that it may not remain in the body.

Sinigrin— a compound within cabbage that is important to retain when cooking for the reason of reacting with an enzyme to release molecules that detoxify carcinogens and inhibit the division and growth of tumor cells.

20 Ways to Eat Cabbage

1. Roasted Cabbage with Mustard Vinaigrette—Pairs with roasted meats and sausage.
2. Deep-Dish Cabbage and Farro Casserole—Get the sweet and sour flavors of cabbage, tomatoes, and vinegar.
3. Roasted Cabbage with Bacon—High heat from the oven mellows the cabbage until it's mild and sweet.
4. Roasted Cabbage Slaw with Hazelnuts and Lemon—Mellows the funky flavor of shredded cabbage, adding notes of charred smokiness to this warm fall salad.
5. Vegan Stir-Fried Cabbage in Peanut Sauce—Napa or Savory cabbage are the best picks for their thin leaves that cook quickly and absorb the coconut-infused peanut sauce.
6. Grilled Cabbage Wedges with Spicy Lime Dressing—Paired with a Thai-inspired dressing.
7. Crisp Tuna-Cabbage Salad—A light, fresh twist.
8. Fish Tacos with Quick Cabbage Slaw—Taco Tuesday? Add spicy jalapenos and zing of lime juice and this red cabbage slaw will pop!
9. Crunchy Cabbage and Ramen Noodle Salad
10. Cabbage in Mild Yogurt and Mustard Seed Curry—The curry turns it into a comfort food, the yogurt keeps it creamy and tangy, while spices ensure complexity. Pairs nice with chicken or pork, or with rice for a main course!

To get these recipes and the rest of the 20, visit [The Kitchn website](#) and type in 20 ways to eat cabbage!

Crunchy Cabbage and Ramen Noodle Salad By: Nealey Dozier

Prep time: 5 minutes

Cook time: 2 minutes

Servings: 4-6

Ingredients:

- 1 (12 oz.) package rainbow slaw mix (*see recipe notes*)
- 1/4 cup seasoned rice vinegar
- 2 Tbsp. toasted sesame oil
- 2 Tbsp. neutral oil (safflower, canola)
- 2 tsp. honey
- 1/2 tsp. salt
- 1 (3oz) package ramen noodles, crushed (discard seasoning packet)
- 1/4 cup chow mien noodles
- 1/4 cup thinly sliced green onions, white and green parts only



Directions:

1. In a large bowl, combine slaw mix, vinegar, sesame oil, neutral oil, honey, and salt in a bowl and stir to combine. Refrigerate for at least one hour (or overnight) to allow flavors to mingle.
2. Taste and adjust seasonings as desired. Fold in ramen noodles, chow mien noodles, green onions, and almonds before serving.

Recipe notes:

This recipe was tested with store bought rainbow slaw mix consisting of broccoli, cauliflower, carrots, and cabbage.

You may substitute 5 cups of chopped fresh vegetables if you prefer not to use a pre-shredded mix.