



Braised Cabbage

Yields 6 servings (1 cup)

Ingredients

- 1 medium green cabbage, shredded
- 2 medium yellow onions, halved and thinly sliced
- 2 garlic cloves, minced
- 1 tablespoon fresh ginger, minced
- 1 bird chili pepper, whole (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 2014

Nutrition Facts

Serving Size 1 cup	
Servings Per Recipe 6	
Amount Per Serving	
Calories 100	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 13g	4%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 2g	
Vitamin A 6%	• Vitamin C 140%
Calcium 8%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	



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

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Estofado de Repollo

Rinde 6 raciones (1 taza)

Ingredientes

- 1 repollo verde mediano, finamente rallado
- 2 cebollas amarillas de tamaño mediano, finamente picado en lonjas
- 2 dientes de ajo, picados
- 1 cucharada de gengibre fresco, picado
- 1 bird chili pepper, entero (o cualquier pimiento picante de su preferencia)
- 2 cucharadas de aceite de olive extra-virgen
- 1 cucharada de agua

Instrucciones

1. Caliente el aceite en un sartén a fuego mediano.
2. Inmediatamente agregue las cebollas, ajo, gengibre, y pimiento picante. Cocine y muévalos de vez en cuando hasta que estén un poco dorados.
3. Agregue el repollo rallado y una cucharada de agua. Cocine por 15 a 20 minutos hasta que el repollo esté tiernos , muévalos ocasionalmente.

Información Útil

- Otras verduras de hojas verdes pueden ser utilizadas o mezcladas. ¡Trate la col rizada, las hojas de mostaza, las hojas de nabo o la acelga!
- Estofados (o cocinar a fuego lento) es una técnica de cocina fácil que puede utilizar para preparar otras verduras

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