

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 large 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 and 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 2014



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

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

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Nutrition Facts

Servings Per Recipe 6 servings
Servings Per Container 6

Amount Per Serving

Calories 140 **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 23g **8%**

Dietary Fiber 4g **16%**

Sugars 3g

Protein 3g

Vitamin A 20% • Vitamin C 80%

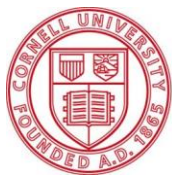
Calcium 6% • Iron 6%

*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.



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 grande, 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 cucharada 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 cocinar por unos 5 a 7 minutos más.
5. Ponga la albahaca y sirva caliente.

Helpful Information

- Asegúrese de cortar las papas bien finitas 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.

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