

# What Can You Do With Cabbage



- 1 Tacos
- 2 Salads & Slaws
- 3 Stir Fry Dishes

Cabbage is a superstar. Its attributes include

- great shelf life of 1-3 weeks
- versatility in many dishes
- nutritious vitamin C, potassium, fiber,
- and beneficial cancer-fighting phytochemicals
- low in calories (17 calories per cup)
- and it is inexpensive (\$1 per pound)