



Cabbage and its Digestion

Pros of Cabbage for Your Health:

Cabbage may:

- Reduce risk for heart disease, stroke and some cancers
- Cut risk of cataracts in older adults and spina bifida in babies
- Speed ulcer healing
- Improve digestive health



How to Prepare Cabbage:

- Choose solid, heavy heads.
- Refrigerate in plastic storage bags.
- Wash and cut just before serving.
- Once cut, use leftover cabbage in 1-2 days.
- Cut the fat by using light mayonnaise mixed half and half with non-fat plain yogurt.
- Cut the salt, by seasoning with a little oil and caraway seeds, red or black pepper, paprika, dill, rosemary or oregano.



Quick and Easy Cabbage:

This is a healthy and tasty cabbage dish, and it's easy to prepare.

INGREDIENTS:

- 1 head green cabbage
- 1 can (6 ounces) low sodium V-8 juice or tomato juice
- 1/2 cup reduced sodium chicken broth or vegetable broth
- 1/2 teaspoon Cajun seasoning blend
- 1/2 teaspoon onion powder
- dash salt and pepper, optional



PREPARATION:

1. Cut cabbage into large pieces, discarding outer leaves and core.
2. Pack into a large saucepan and add remaining ingredients.
3. Cover and bring to a boil. Reduce heat and simmer for 30 to 40 minutes, or until cabbage is tender.

Serves 6.