

Shopping List: 4 Easy and Fun Cabbage Dishes

Fresh Produce

3 green onions
½ cup broccoli florets
2 medium carrots
2 red bell pepper
1 yellow bell pepper
7 cups green cabbage
2 cups red cabbage
2 cups tomatoes
1 bunch fresh cilantro
2 limes
2 carrots (½ cup shredded)
1 red onion
½ cup fat-free mayonnaise
1 lemon
3 apples
1 celery stalk

Bread

12 (6-inch) corn tortillas

Liquids

¼ cup (2 oz.) 100% orange juice

Meat or Substitutes

3 boneless, skinless chicken breasts
1 lb. white fish fillets or cod fish fillets

Pantry Staples

Add items to list if you don't already have them

Olive oil
Red wine vinegar
Celery seed
Sugar
½ package taco seasoning
Taco sauce

Apple Slaw

This slaw has the perfect sweetness and crunch that works great on a hot afternoon.

Makes 4 servings. 2/3 cup per serving.
Ready in 10 minutes.

Ingredients

2½ apples
1 lemon
2 cups green cabbage
1 celery stalk
½ cup red bell pepper
1½ Tablespoons sugar
¼ cup low-fat mayonnaise

Directions

1. Peel and core apples.
2. Dice apples and place in a large bowl.
3. Squeeze lemon juice over apples to help keep them from darkening.
4. Thinly slice cabbage to form thin strips.
5. Dice celery and bell pepper.
6. Add cabbage, celery and bell pepper to apples.
7. In a small container: mix mayonnaise and sugar.
8. Add mayonnaise mix to salad and mix well.
9. Serve.

Nutrition information per serving: Calories 120, Total Fat 5g, Carbohydrate 19g, Dietary Fiber 2g, Sodium 135mg

Recipe Source: City and County of San Francisco, Department of Public Health, Nutrition Services and Mission Latino Family Partnership (MLFP)

Simple Fish Tacos

Make your own restaurant-style fish tacos at home for a light and healthy dinner.

Makes 6 servings. 2 tacos per serving.

Ready in 25 minutes.

Ingredients

1 pound cod or white fish fillets, cut into 1-inch pieces
1 Tablespoon olive oil
2 Tablespoons lemon juice
½ package taco seasoning
12 (6-inch) warmed corn tortillas
1 cup shredded red cabbage
1 cup shredded green cabbage
2 cups chopped tomatoes
½ cup nonfat sour cream
Taco sauce to taste
Lime wedges for serving (*optional*)

Directions

1. In a medium bowl, combine fish, olive oil, lemon juice, and seasoning mix; pour into a large skillet.
2. Cook, stirring constantly, over medium-high heat for 4 to 5 minutes or until fish flakes easily when tested with a fork.
3. Fill tortillas with fish mixture.
4. Top with cabbage, tomato, sour cream, and taco sauce. Serve with lime wedge, if desired.

Nutrition information per serving: Calories 239, Total Fat 5g, Saturated Fat 1g, Carbohydrate 32g, Protein 19g, Dietary Fiber 4g, Sodium 247mg

Recipe Source: Nutrition Education and Obesity Prevention Branch (NEOPB)

Rainbow Coleslaw

Pack with Oven Fried Chicken for a tasty picnic lunch.

Makes 12 servings. ½ cup per serving.
Ready in 15 minutes.

Ingredients

2 cups thinly sliced red cabbage
2 cups thinly sliced green cabbage
½ cup chopped yellow or red bell pepper
½ cup shredded carrots
1/3 cup chopped red onion
½ cup fat free mayonnaise
1 tablespoon red wine vinegar
¼ teaspoon celery seed (*optional*)
½ cup lowfat cheddar cheese, cut into bite-size cubes

Directions

1. In a large bowl, combine all the vegetables.
2. In a small bowl, mix mayonnaise, vinegar, and celery seed (if desired) to make a dressing.
3. Pour the dressing over the vegetable mixture and toss until well coated.
1. Toss salad with cheese and serve chilled.

Nutrition information per serving: Calories 30, Total Fat 1g, Saturated Fat 0g, Carbohydrates 4g, Protein 2g, Dietary Fiber 1g, Sodium 145mg

Recipe Source: Nutrition Education and Obesity Prevention Branch (NEOPB)

Zesty Asian Chicken Salad

A colorful salad packed with a variety of healthy foods.

Makes 4 servings. 1 cup per serving.

Ready in 20 minutes.

Ingredients

3 boneless, skinless chicken breasts, cooked and chilled

3 green onions, sliced

1½ cups small broccoli florets

2 medium carrots, peeled and cut into strips

1 red bell pepper, cut into strips

2 cups shredded cabbage

½ cup fat free Asian or sesame salad dressing

¼ cup 100% orange juice

¼ cup chopped fresh cilantro

Directions

1. Cut chicken breasts into small strips and place in a medium bowl with onions, broccoli, carrots, bell peppers, and cabbage.
2. In a small bowl, stir together dressing and juice. Pour over salad and toss well to coat. Stir in cilantro. Serve at room temperature.

Nutrition information per serving: Calories 184, Total Fat 5g, Saturated Fat 1g, Carbohydrates 13g, Protein 22g, Dietary Fiber 4g, Sodium 456mg

Recipe Source: Nutrition Education and Obesity Prevention Branch (NEOPB)