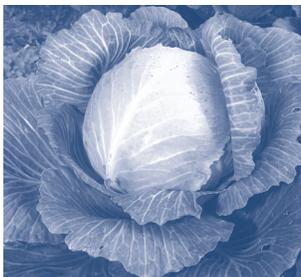




Winter 2014

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Eat Well!

A Newsletter for Healthy Eating

Get Creative with Cabbage

By Samantha Buttarazzi, University of Maine Dietetic Intern

Cabbage is a budget-friendly superstar vegetable that is a good source of vitamin C. It is a vegetable that has been an important and inexpensive meal component for thousands of years. Although cabbage is often forgotten among the more flavorful produce, its flavor appeals to both children and adults alike.

Cabbage can be enjoyed both raw and cooked, making it easy to prepare in many different ways. There are many types of cabbage with different textures and colors: red cabbage; green-crinkly-leaved Savoy cabbage; green, smooth-leaved cabbage; and green-leaved Chinese cabbage. The Maine growing season for cabbage is June through December.

Cabbage contains the mineral sulfur. When cabbage is cooked, this sulfur is released and produces

an unpleasant odor. This smell can be reduced by cooking cabbage quickly or in a contained environment such as an oven or covered pot.

Selection

When choosing cabbage, choose heads that are solid and heavy for their size. The outer leaves should be smooth with good color depending on the type of cabbage (deep green, red, or white). Avoid yellow heads of cabbage and those with wilted leaves.

Storage

Store unwashed cabbage in a plastic bag or closed container. Heads of cabbage can be stored in the refrigerator for up to two weeks. Before using a head of cabbage, remove the outer leaves and wash well.

Source: Adapted from Bulletin #4182, Vegetables and Fruits for Health: Brussels Sprouts and Cabbage, University of Maine Cooperative Extension, 2008.



Looking for ways to save money on food? The *Eat Well!* newsletter has always given you great ideas on how to save money on food. Now these ideas are even easier to spot. Look for this picture in the *Eat Well* newsletter to find great tips to save money on food. **SAVE MONEY.**

Food Bites

Preparing Cabbage By Samantha Buttarazzi, University of Maine Dietetic Intern

Cabbage is inexpensive. Currently it is just \$0.69 per pound.

Cabbage can be prepared in many different ways to add a variety of textures and flavors to your favorite meals. Try one of these four methods with your family tonight!



RAW	Remove damaged or wilted outer leaves, wash and cut out core. Chop cabbage head into small slices to be used in coleslaws or salads.
STEAM	Remove outer leaves and wash. Cut head of cabbage into wedges and steam until tender (10 to 15 minutes). If cabbage is shredded, steam 3 to 8 minutes. To steam, bring one inch of water to a boil in the bottom of a pot. Place a colander or collapsible steamer basket in the pot. Put the cabbage in the colander or steamer basket and cover the pot tightly. Reduce heat to medium-low, but make sure the temperature is high enough to keep the water bubbling.
MICROWAVE	Remove outer leaves, wash and cut head of cabbage into wedges. Place wedges in a covered dish with two tablespoons of water. Microwave 4 to 6 minutes. For red cabbage, also add two tablespoons of vinegar before microwaving.
ROAST	Preheat oven to 375°F. Remove outer leaves, wash and cut head of cabbage into wedges. Place wedges on baking sheet and drizzle with 1 tablespoon of olive oil. Bake for 20 to 30 minutes until edges start to turn golden brown and soften.



CHOP RAW CABBAGE



STEAM CABBAGE



MICROWAVE CABBAGE



ROAST CABBAGE



Kid's Korner

Apple Confetti Coleslaw

Try this tasty and colorful coleslaw dish!

Ingredients

- 1 cup chopped or shredded red cabbage
- 1 cup chopped or shredded green cabbage
- ½ cup chopped or shredded carrot
- 1 diced apple
- 2 tablespoons raisins
- 2 tablespoons apple cider vinegar
- 3 tablespoons unsweetened apple juice concentrate
- ½ cup low-fat mayonnaise
- Pepper to taste

Directions

1. Remove outer leaves, wash cabbage and cut out core.
2. Chop cabbage, carrots, and dice apple.
3. In large bowl, combine the two types of cabbage with the carrots, apples, and raisins.
4. In a separate bowl mix apple cider vinegar, apple juice concentrate, and mayonnaise.
5. Pour liquid mixture over cabbage mixture and toss well.
6. Cover and refrigerate for at least 30 minutes before serving. Enjoy!

Makes 6 servings Serving size: ½ cup

Source: Adapted from Bulletin #4262, Vegetables and Fruits for Health: Apples, University of Maine Cooperative Extension. 2008.

Nutrition Facts

Serving Size 1/2 cup (95g)

Servings Per Container 6

Amount Per Serving

Calories 120 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 150mg **6%**

Total Carbohydrate 14g **5%**

Dietary Fiber 2g **8%**

Sugars 10g

Protein 1g

Vitamin A 40% • **Vitamin C** 25%

Calcium 2% • **Iron** 2%

*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

Ask Eat Well!

Karen Toohey Community Education Assistant Oxford County



Karen Toohey has worked with the University of Maine Cooperative Extension's Eat Well Nutrition Education Program in Oxford County since 1996. She enjoys walking, playing tennis and hiking. She enjoys the company of her four kids and eight grandchildren.

Q. What are cruciferous vegetables?

A. Cruciferous vegetables such as broccoli, brussels sprouts, and cauliflower, are members of the cabbage family. They get their name from their four-petaled flowers, which look like a crucifix, or cross.



Other cruciferous vegetables include arugula, bok choy, collards, kale, mustard greens, rutabaga, turnip greens, and watercress. Cruciferous vegetables contain vitamins, minerals and dietary fiber.



Keep frozen broccoli and cauliflower on hand for a quick way to prepare vegetables to have with meals. Simply steam the frozen vegetables in a small amount of water in a pot on the stovetop or in the microwave.

Eat Well! is published four times a year for current, past and future UMaine Extension Eat Well program participants. For more information on Eat Well, contact your County Extension office. **Managing Editor:** Kate Yerxa, MS, RD, **Extension Editor:** Phoebe Nylund, Eat Well Program **Eat Well Committee:** Kathleen Savoie, MS, RD, Extension Educator; Kate Yerxa, MS, RD, Extension Educator; Alan Majka, MS RD, Extension Educator; and Christine Finemore, Community Education Assistant. **Design and Production:** Phoebe Nylund, Eat Well Program.

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Food Safety Corner

Cutting Board Safety

By Samantha Buttarazzi, University of Maine Dietetic Intern

Chop, dice, mince, grate, slice, prepare – most recipes require the use of a cutting board. Cutting boards are an essential kitchen tool to protect countertops and provide a safe workspace for cutting and preparing foods. However, as cutting boards come in direct contact with foods, it makes them a possible place for harmful bacteria to spread.

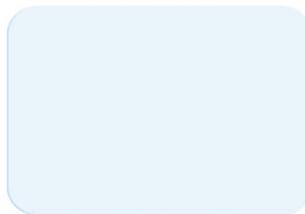
Here are some tips to keep both your cutting boards and foods safe.

Choosing a Cutting Board

The United State's Department of Agriculture (USDA) recommends using nonporous surface cutting boards such as plastic, glass, or marble.



PLASTIC CUTTING BOARD



GLASS CUTTING BOARD



MARBLE CUTTING BOARD

Separate

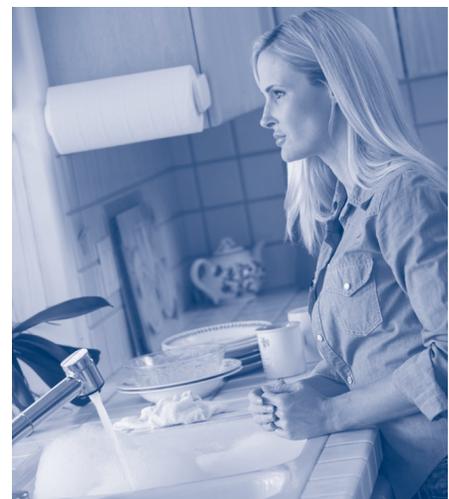
Consider using one cutting board for fresh produce, cheeses or bread and a separate cutting board for raw meat and poultry. This helps to remove risk of cross-contamination of the bacteria from uncooked meat to ready-to-eat produce and bread products.

Cleaning Cutting Boards

Cutting boards should be washed in the dishwasher or with warm soapy water. After washing, sanitize your cutting boards with a sanitizing solution.

Throw Away

All cutting boards should be thrown away when they become worn and deep groves can be seen.





Quick and Easy Eat Well Recipe Unrolled Cabbage Casserole



Ingredients

- 1 small or ½ medium head of green cabbage, cored and chopped
- 28 ounce can crushed tomatoes, divided in half
- 1 pound cooked, drained, lean ground beef
- 1 cup cooked brown rice
- ½ cup diced onion
- 14.5 ounce can diced tomatoes, drained
- 2 cloves garlic or ¼ teaspoon garlic powder
- 1 teaspoon Italian seasoning

Directions

1. Preheat oven to 375° F.
2. Cut out the core of the cabbage and chop head into bite-sized pieces.
3. Place cabbage in the bottom of a deep 9 x 13 casserole dish.
4. Pour half the can of crushed tomatoes over cabbage.
5. In a large bowl, combine the cooked ground beef, cooked rice, onion, diced tomatoes, garlic, and Italian seasoning.
6. Crumble meat mixture in an even layer over the cabbage.
7. Pour remaining half can of crushed tomatoes on top.
8. Cover and bake for 1 hour. Uncover and continue baking for 10 minutes.

Variations

Substitute ground chicken, turkey, or tofu for ground beef. Add chopped carrots, celery, or fresh tomatoes in step #5.

Makes 6 servings Serving size: 1 ½ cup Cost per serving: \$1.62

Nutrition Facts

Serving Size 1 1/2 cups (397g)
 Servings Per Container 6

Amount Per Serving

Calories 280 Calories from Fat 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 280mg **12%**

Total Carbohydrate 27g **9%**

Dietary Fiber 6g **24%**

Sugars 11g

Protein 24g

Vitamin A 10% • Vitamin C 100%

Calcium 10% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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