

# Quick Bites



Cabbage—it looks like lettuce, but it's actually a part of the broccoli family. It comes in green, red, and white varieties, and is full of nutrition. Studies show eating cabbage helps reduce inflammation. Chronic inflammation can lead to heart disease, arthritis and type 2 diabetes.

Find more recipes at: [www.jocoeats.com](http://www.jocoeats.com)

## Cabbage Roll Casserole

Makes 8 Servings

Source: [www.hhs.k-state.edu](http://www.hhs.k-state.edu)

- 1/2-pound (85% lean) ground beef
- 1 large onion, chopped
- 1 garlic clove, minced
- 1-1/2 cups water
- 1 (15-ounce) can low sodium diced tomatoes
- 1 (8-ounce) can no-salt-added tomato sauce
- 1 small to medium cabbage head, chopped
- 1/4 cup instant brown rice



1. Clean work area with warm, soapy water. Wash hands with soap and warm water for 20 seconds.
2. Brown ground beef in a large pot with onion and garlic.
3. Add the water, tomatoes, tomato sauce and cabbage to the pot and cook over medium heat until the cabbage is almost tender.
4. Add the instant rice and cook five minutes longer.
5. Season to taste and serve.

### Nutrition Facts

8 servings per container	
Serving size	1/8 of Recipe
Amount per serving	
<b>Calories</b>	<b>130</b>
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 140mg	6%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 2mg	10%
Potassium 486mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Tips That Make Cents

- **Look Up, Then Look Down**—Grocery stores put their most expensive items at eye-level because they're the easiest to grab. Look for lesser-priced options on the top and bottom shelves.
- **Stick to the Edges**—In general, the healthier and less processed foods are at the edges of the grocery store. These foods (fresh fruits, fresh vegetables, dairy, meat) are highly nutritious and can help stretch your grocery dollars.
- **Check the Clearance Sections**—These pantry items are usually brands the store no longer supplies and needs to move to make room for newer products. They can be found piled in shopping carts or on end-caps throughout the store. Only buy them if you have a plan to use them. Avoid cans with dents larger than your finger.
- **Marked Down Foods**—Use these fresh foods right away for food safety and to get the most nutrition. Ask a store clerk what time they usually mark down products so you know the best time to shop for bargains.

## Ways to Enjoy Cabbage!

- Slice it thinly and toss with salad greens for extra crunch
- Chop it up and stir fry it with some soy sauce, peanuts and canned chicken
- Roast it—slice the cabbage head into quarters, place on a rimmed baking sheet, sprinkle with salt and pepper, drizzle with any cooking oil, and bake in a 350°F for 10 to 15 minutes
- Grill wedges then garnish with a squeeze of lime, a sprinkle of salt and pepper, and a drizzle of olive oil
- Thinly slice or shred cabbage and add to tuna salad
- Use thinly sliced or shredded cabbage for taco toppings
- Throw chopped cabbage into any soup or stew to for a nutrition and fiber boost



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